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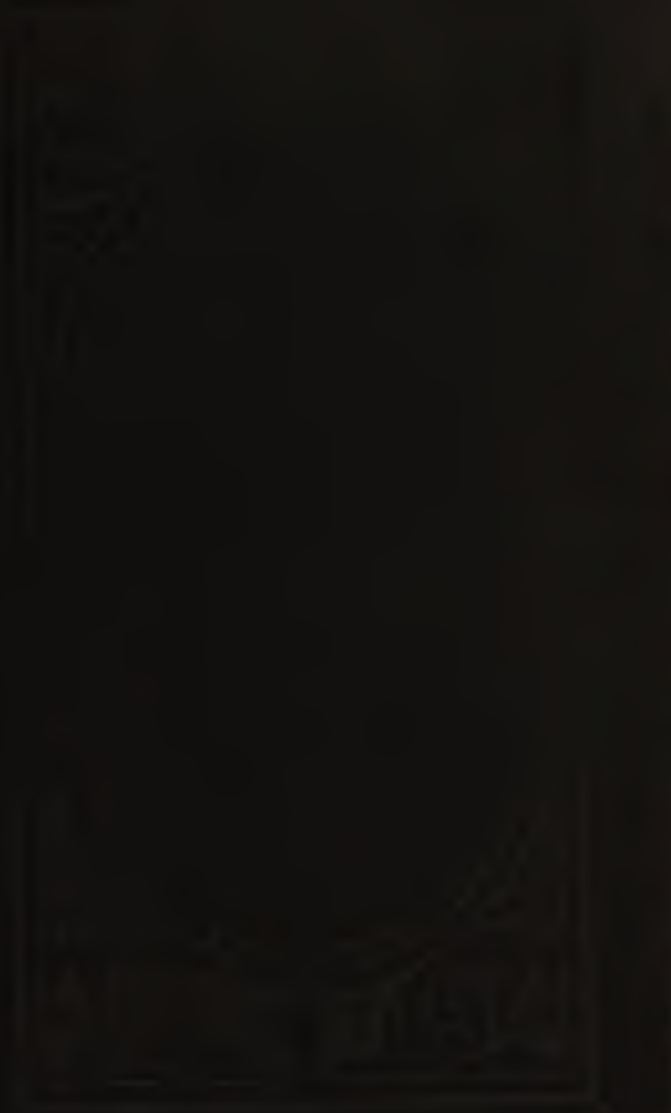
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# DOMESTIC HOMŒOPATHY,

RESTRICTED TO

ITS LEGITIMATE SPHERE OF PRACTICE;

TOGETHER WITH

RULES FOR DIET AND REGIMEN.

BY

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EIGHTH EDITION.

LONDON:

THOMAS SANDERSON, 77, FLEET STREET.

WILLIAM HEADLAND,

15, PRINCES STREET, HANOVER SQUARE.

HENRY TURNER,

41, PICCADILLY, MANCHESTER.

1859.

157. c. 65.

LONDON:

THOMAS HARRILD, TER, SALISBURY SQUARE,  
FLEET STREET.



## PREFACE TO THE EIGHTH EDITION.

IN the preparation of this *Eighth* Edition of the Domestic Homœopathy, great pains have been taken to improve the work, and to render it more complete. Much of it has been rewritten; the rest has been carefully revised; and to the parts in which the treatment of the diseases is given, upwards of thirty new chapters have been added. It has also been thought expedient to insert between parentheses the proportions of the tincture doses, which, in cases of acute disease, are so often prescribed by medical men.

22, HENRIETTA STREET, CAVENDISH SQUARE, W.,

July, 1859.



## PREFACE TO THE FIRST EDITION.

A *domestic* practice of Medicine, in order to be useful, must be confined to its legitimate sphere of action, being called into requisition, either in times of sudden emergency, when no better means are within reach, or in those ordinary cases for which no further knowledge is needed beyond the elementary notions of Anatomy and Disease in general, which most intelligent persons possess. A slight indigestion, or a common cold, may always be thus safely treated: an acute inflammation of the lungs, or a complicated chronic affection of the digestive organs, imperatively demand all the resources of professional skill.

Under the old systems of Medicine, which may justly be charged with an empirical use of strong remedies, many lives have been lost for want of attention to this most obvious truth, and the same evil, though in a less degree, has attended the Domestic Practice of Homœopathy. To give some idea of the mischievous lengths to which amateurs will go, I may instance two cases in which the lives of the patients paid the forfeit. The first, which was a Pleurisy, was regarded as a slight Rheumatic affection, with symptoms of indigestion: the second, an acute Inflammation of the Lungs, was supposed to be a common cold and cough. Both of these

were treated in accordance with the erroneous conclusions arrived at, so that those medicines, which were calculated to act upon the really affected tissues and organs, were withheld until the vital resources were past rallying, and, when competent advice was sought, it was too late.

The works hitherto written to adapt Homœopathy to domestic purposes, however great their intrinsic merits in many respects, have not a little contributed to aggravate the mischief. Being composed at a time when country practitioners of the new school were hardly to be met with, and the non-professional homœopathist was often driven to act as a physician by the force of circumstances over which he had no control, it was absolutely necessary to include in the plan a number of subjects, which in treatises of this kind would otherwise have been completely out of place. This state of things is fast passing away, and it is, therefore, evident that the *semi-popular semi-professional* character of the manuals which are in vogue must daily lessen their usefulness, and render them objectionable, and even dangerous, in the hands of the untaught.

The conviction that the time is now come in which another description of book is wanted by the non-medical public, has led me to compose

the present work. Its principal object is explained by its title; namely, to restrict the Domestic Practice of Homœopathy to its proper limits.

The attainment of this object has been attempted, first of all, by leaving out the whole of that class of diseases which none but qualified persons should undertake, with the exception only of those sudden and urgent cases, not to be mistaken, which require immediate attention before better advice can be procured.

Moreover, it is laid down as an invariable rule, that *if any disorder is not cured by the treatment enjoined*—a treatment based upon numerous cases of private and dispensary practice—*a medical man ought to be called in*. As little as possible is left to the uninstructed judgment \* with regard to the choice and repetition of remedies, it being impossible to allow it much latitude without also greatly increasing the chances of the commission of dangerous mistakes. For the same reason, the directions of the physician should be implicitly followed; as there is nothing more calculated to hinder the success of the most enlightened practitioner, than for a patient to be continually dabbling in remedies on his own responsibility.

Great pains have also been taken to set forth

\* Should matters go on favourably, the course of treatment prescribed may be shortened, but *on no account should any addition or repetition be made*.



sound and practical views on the subject of Diet and Regimen, there being no kind of information more needed, either by the healthy or the sick, owing to the erroneous opinions on these matters, which prevail so widely among the public.

There are yet two more objects to be mentioned, which have not been lost sight of in this work.

The one is to furnish persons who are under regular Homœopathic Treatment, with supplementary advice and explanation concerning remedies and terms, with which medical men too often take it for granted that they are acquainted. The other is to give the practitioner of the old school an opportunity of testing Homœopathy in slight cases, which are often much more tedious when treated according to the common method, and thus lead him on to the study of the great, noble, and beneficial discoveries of the immortal Hahnemann.

*December, 1847.*

\*.\* As it is of much importance to procure the medicaments from trustworthy persons, the author would advise patients to consult their professional attendants as to this matter. Owing to the increasing number of good Homœopathic chemists, a special recommendation, in this Work, of any of the respectable firms, is no longer necessary, and, indeed, its continuance would be fraught with injustice.

## INTRODUCTORY REMARKS.

FOR the convenience of reference, this work is divided into **TWO PARTS**.

The **FIRST PART** is devoted to the consideration of Diet and Regimen, of Diseases in general, and of Homœopathic Remedies.

1. *A.* Under the head of Diet, a concise exposition is given of the General Principles upon which all *sound* dietetic rules are founded, with a view to the individual regulation of food under a variety of circumstances incidental to human life, such as climate, age, social condition, the state of health, and the like. A brief survey of alimentary substances, and of their preparation, together with a Dietary for the sick, especially adapted to those under Homœopathic treatment, have been added.

*B.* Under that of Regimen, analogous instruction will be found for the regulation of the following accessory means of promoting health, viz., Air and Light, Clothing, Exercise, Sleep, Cleanliness, and the Moral Habits.

2. The remarks on Diseases in general have a reference to their conventional classification, and to the conduct of non-professional persons with regard to their treatment.

3. Under the head of Homœopathic Remedies, the following subjects are treated of, viz., the Preparation, Dilution, and Administration of Remedies, Medicinal Aggravation, and Remedial Antidotes, only, however, at such length as is necessary to the right understanding and use of the Second Part of this work.

A short Exposition of the actions and distinctive features of the principal remedies recommended, and a General Summary of the rules to be observed under Homœopathic treatment, are also included.

The SECOND PART is exclusively devoted to the Treatment, and is subdivided into four parts :—

The Diseases of Infants and Children form the first division ;

The Complaints of Women, the second ;

Common Disorders (*i. e.*, which are irrespective of age or sex), the third ; and, lastly—

Accidental Disorders (*i. e.*, which arise from a variety of casual influences in connection with diet and regimen, or with mechanical or specific injuries) constitute the fourth division.

Throughout these divisions, the various disorders and ailments are arranged according to anatomical order.

A Table of the Medicines recommended will be found at the end of this work.

## EXPLANATIONS AND GENERAL DIRECTIONS.

**DIET AND REGIMEN.**—In all cases, in which a special diet and regimen are not enjoined, it is taken for granted that the Homœopathic Dietary, and likewise the general rules with regard to Regimen, will be referred to for guidance.

**PRESCRIPTIONS.**—There are two modes in which medicines are prescribed to be taken; namely, in **Single (undivided)** and in **Divided Doses**.

**A.** When the remedy is to be given in a **Single (undivided) Dose**, the best way is to place the *dry globules on the tongue*, and allow them to dissolve in the mouth; and this is taken for granted when the prescribed directions have reference only to the period of administration.

*For example:* "Give NUX VOMICA, 3 globules, 12th dilution, two or three times, at intervals of three days," signifies that *the prescribed remedy is to be administered, in doses of 3 globules, dry on the tongue.*

**B.** When, however, the medicine is to be exhibited in **Divided Doses**, an equal division is best effected by dissolving\* the total number of globules prescribed in *as many tea, dessert, or table spoonfuls* of pure cold water, *as there are fractional parts indicated.*

\* See also FOOT NOTE at page 82.

*For example:* "Give ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution in solution,\* a sixth part every four hours," signifies that 9 globules (or 1 or 2 drops) of the 3rd dilution of ACONITUM are to be dissolved in *six tea, dessert, or table spoonfuls* of cold water, and administered, in doses of *one tea, dessert, or table spoonful*, every four hours, *until finished*.

PERIODS OF ADMINISTRATION.—The remedies are usually prescribed at specified intervals, either in regular succession, or in alternation.

A. When the medicines are prescribed in regular succession, and at fixed intervals, care should be taken *neither to exclude proper, nor to include improper periods*, in calculating the time at which each successive remedy ought to be given.

*Examples:* "Nux Vom., 3 globules, 12th dilution, SULPH., 3 globules, 18th dilution, and BRY., 3 globules, 12th dilution, are to be administered, in succession, every *fourth* night." Such a prescription would signify (supposing the first remedy to be taken on the 1st of the month, and Monday to be the corresponding week-day), that SULPH. is to be taken on *Friday* the 5th, and BRY. on *Tuesday* the 9th.

Again, a prescription which runs thus: "Begin

\* See FOOT NOTE at page 82.

with CHAM., 3 globules, 12th dilution, then in *three* days give ARN., 3 globules, 12th dilution, and lastly, SULPH., 3 globules, 18th dilution, in *four* days more," would signify (adopting the preceding supposition with regard to the day of the week and month) that ARNICA is to be taken on *Thursday* the 4th, and SULPH. on *Monday* the 8th.

**B.** When medicines are prescribed alternately they should be given *each in turn*.

*Example:* "Administer ACON., 9 globules (or 1 or 2 drops), 3rd dilution, and BELL., 9 globules (or 1 or 2 drops), 3rd dilution, alternately, in doses of a sixth part, every two hours." Accordingly (supposing the first dose of ACON. to have been given at one o'clock) the *first dose* of BELL. will be given at *three*, the *second dose* of ACON. at *five*, and the *second* of BELL. at *seven* o'clock; and so on for the *remaining doses* of *each medicine*.

ADMINISTRATION OF REMEDIES.—When a remedy is prescribed to be taken at intervals of twenty-four hours, or of several days, the best time for its administration is just before going to bed at night. The remedy should be administered fasting; and (if practicable) *at least one hour* should *elapse* before taking a meal, after the exhibition of the remedy, or after a meal before taking the remedy.

**DOSES.**—The doses usually prescribed throughout this work will *very seldom* prove too large. Nevertheless, in the case of very young and delicate infants, or in that of persons who are extremely susceptible to the action of Homœopathic Remedies, **Single\*** (undivided) **Doses** of 3 globules *may be reduced* to 1 or 2 globules, or even to half a globule when administered dry upon the tongue; or else they may be given *without reduction*, provided they are dissolved in two or three tea-spoonfuls of cold water. No diminution will be required for the **Divided† Doses**, seeing that the tendency of solution is to render the action of Homœopathic remedies more mild.

**DILUTIONS.**—The author believes the various **Dilutions selected** (*see* Table of Medicines) to be those which are *best adapted for domestic use*. Nevertheless, where persons are already provided with others, the nearest dilution to that prescribed, whether above or below it, may be given in the dose and form indicated; for the choice of the most suitable dilution of a remedy is not of the same consequence in slight, which it would be in severe disorders.

\* When **PILULES** are preferred, 1 *pilule* may be given instead of 3 globules.

† When **PILULES** are preferred, 6 *pilules* may be dissolved instead of 9 globules (or 1 or 2 drops).

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PRACTICE  
OF  
DOMESTIC HOMŒOPATHY.

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PART I.

OF DIET AND REGIMEN.

OF the importance of sound rules of diet and regimen, for the government of individuals and families, no doubt can be entertained, seeing that it falls to the lot of every one, almost daily, to witness, either in himself or in others, the advantages arising from their observance, and the evils consequent upon their neglect. Such rules must necessarily be framed with a view not only to the preservation, but also to the restoration of health.

The subject of diet will be the first treated of in its various relations to health and disease.

## OF DIET.

It is from organized substances alone, strictly speaking, that man seeks his habitual nourishment; the animal and vegetable kingdoms supply his daily wants. Nevertheless, there are a certain number of inorganic matters, such as water, salt, etc., which, although incapable of fulfilling the requisite conditions of alimentation by themselves, contribute very essentially, when commingled with the former, towards this important object.

ANIMAL FOOD is the most stimulating and reparative; it satisfies hunger for a greater length of time, is more easy of assimilation, and remains a longer time in the digestive apparatus than vegetable food, before its nutritive properties are exhausted.

Almost every class in the animal kingdom has been put under contribution to satisfy the physical necessities, or the singular tastes, of different portions of the human race.

The herbivorous animals are, however, those generally selected; the carnivorous, from the toughness of their fibre, and the indigestibility consequent upon this cause, combined with other offensive properties with regard to taste and smell, are nearly all excluded. Birds and fishes,

with fewer exceptions, likewise hold an important place in the animal diet of mankind.

VEGETABLE FOOD is nutritious in proportion as the principles which it contains resemble, or become nearly identical with, those from which animal substances derive their alimentary properties.

Wherever the earth produces vegetables, man has not failed to make the greater number subservient to his nourishment, selecting the entire plant in some instances, or the roots, fruits, or even the woody fibres only in others. The graniferous plants alone constitute the principal subsistence of the great mass of the inhabitants of the globe.

The length of time required for the assimilation of aliments of either kind is in the direct proportion of the juices which they contain, of their cohesion, and also of the wants of the animal economy.

The amount of nutritive matter, and, consequently, the proportion which animal should bear to vegetable food in the diet of the healthy, must vary with the circumstances of climate, season, social condition, exercise, individual constitution, sex, and habit.

Before proceeding to lay down general rules for individual guidance in matters of such vital



importance, it is necessary that correct notions should be formed of the legitimate objects of all nutriment. These objects are—

*First*, the renewal of the vital heat which is lost by the exhalation of the animal fluids, or directly abstracted by the surrounding *media* in which the body is placed.

*Secondly*, the reparation of the waste, both in the solids and fluids, which the daily exercise of the vital functions necessitates, so as to maintain the physical structures in their integrity. And,

*Thirdly*, the supply of material for the progressive development of the various organs until their full growth has been attained.

It follows, therefore, that the individual supply of food, both as regards quantity and kind, should be proportionate to the wants of the organism in each particular at every period of life. Every kind of alimentation which falls short of, or exceeds these conditions, must, sooner or later, prove injurious.

In cold climates, where man lives in a surrounding temperature considerably below that of his own body, the necessity for reparation will be much greater than when he becomes the inhabitant of more southern countries. Whence it follows that, in a warm climate, there will be

a greater demand for vegetables than for meat ; in the more temperate, a mixed diet, of nearly equal quantities of both, will be suitable ; and, lastly, in the most intemperate, animal food will be most in request, and not seldom altogether supersede the use of vegetable food.

In a climate like that of England, the exclusive use of vegetable food might be shown to be inconsistent with the acknowledged principles of dietetics, and to be incapable of affording nourishment sufficiently stimulating for the active exertions which belong to our highly civilized condition. Nevertheless, it must be allowed that an exclusively vegetable diet would be productive of far less evil than an exclusively animal diet. Our diet in this country should, therefore, be of a mixed kind, in which one or the other should predominate according to our pursuits, and to the degree of exercise which we take. As a general rule, the healthy seldom require animal food more than once a day.

In regulating the diet according to the change of the seasons, the same general rules will be found equally applicable; thus, in winter, a more highly animalized diet will be wanted than in summer.

Persons who lead an active life, or who under-

go much bodily exertion in the course of their occupations, require a greater supply of food, and that of a more nutritious kind, than those who pass a life of inaction, or whose pursuits are of a sedentary character; seeing that the physical losses of the former are considerable when compared with those of the latter, and, consequently, that the demand for reparative aliment is more urgent.

We shall now consider, in a general manner, the quantity of requisite nutriment, and the periods at which it should be taken, so as to meet the wants of the animal economy at the various stages of human existence; and also how far these may be modified by individual constitution and sex.

In early infancy, it is well known that the function of digestion is remarkably energetic; in fact, it may almost be said to be in a state of perpetual activity, from the slight intermissions which limit the prolonged period of its action. The food adapted to the young infant is its mother's milk, and on this point all nations and all classes of society are agreed. The end of infantile existence consists in the assimilation of aliment and sleep: the infant awakes from its slumbers to take its mother's breast, only to compose itself again to rest; and thus passes the first year of man's life,

in alternations of repose and refection. When the period of dentition has arrived, nature requires aliments possessed of greater firmness and solidity. Mastication and insalivation are then called into play, and the assimilating process is insensibly approaching that of the adult. Everybody knows that, throughout the periods of childhood and youth, the digestive functions continue in the greatest activity : the appetite is keen, imperious, and of frequent recurrence ; every kind of food is relished, and the only requisite is that the meals should be frequent and plentiful. The youth is scarcely aware, so to speak, that he is possessed of a stomach, and digests unconscious of the process which is going on. In the succeeding age, however, when the period of growth has passed by, matters are widely different : the vigour of the appetite has diminished, and with it also the demand for food ; the intervals between the meals have increased in duration, and the extreme facility of the digestion exists no longer. The adult seldom makes more than two full meals daily, and the duration of his digestion is prolonged. In old age, still less is the quantity of aliment needed : the imperfection which attends the act of mastication determines the selection of tender and easily-digested substances. Nevertheless, in spite of this precaution, the deficiency of

the salivary secretion, and the waning energies of the stomach and intestines, consequent upon the gradual extinction of the vital powers, render digestion slow, if not tedious and painful; so much so, that many old men make but one full meal a day. It but too frequently happens, at least in the higher classes of society, when men have attained that age at which all the passions are extinct, and the taste has become singularly acute, that they give themselves up to the pleasures of the table; thus hastening the dissolution of their tottering frame, at the very period when temperance is almost the only means of preserving the mental faculties unimpaired to the last.

We now come to the subject of individual constitution and sex, and of the circumstances connected therewith, which ought always to be taken into account, as tending to modify general dietetic rules.

Persons of a *lymphatic* constitution (generally characterized by softness and flabbiness of flesh, puffed face and large lips, and great development of the glandular system), in whom there is a tendency to affections of the mucous membranes and glands, and especially those who suffer from a languid circulation, require a generous and highly animalized diet. To such, when in health,

the light and wholesome wines, in a diluted state, or good home-brewed beer, may occasionally be allowed.

Those of a *nervous* constitution (characterized by great excitability of the nervous system generally, extreme sensitiveness to all external impressions, and occasionally by scantiness of flesh) should habitually confine themselves to nutritious aliments, which are easy of digestion and, at the same time, not too stimulating.

A mixed diet, devoid of stimulants, in which vegetable food should occasionally predominate, will best suit persons of a *bilious* constitution (characterized by sallow complexion, dark hair, and sharp angular features), in whom there is often a tendency to derangements of the digestive functions. The same may be said of those of a *sanguine* temperament (characterized by great activity of the circulation, a florid complexion, roundness of form, and regularity of outline), in whom there is a general disposition to inflammatory complaints.

With regard to sex, it is generally allowed that women require less food than men, and that of a less stimulating kind.

With regard to habit, it must not be forgotten that there are aliments which, although they have been proved by experience to be most wholesome

to the generality of persons, will, nevertheless, disagree with certain individuals, and *vice versa*. In health and in disease, these individual peculiarities must be borne in mind as tending to modify general dietetic rules.

It is in general along with the solid, that the liquid aliments (of which water invariably forms the basis) are taken. They serve a twofold purpose; that of satisfying thirst and restoring to the circulation the fluids which it has lost by exhalation and secretion, and that of diluting the solid aliment. It is, therefore, a bad habit not to drink at meals.

The regulation of the quantity of liquid requisite for the individual consumption will be in accordance with the principles already laid down. Thus, in hot countries there will be a greater demand for fluid than in cold climates; in summer than in winter: again, persons who take much exercise, or who undergo great bodily fatigue, will require to drink more than the inactive and sedentary.

The question which naturally suggests itself at present is: By what standard is each individual to judge of what his daily allowance of food should be?

The answer is simple; viz., that the only scale by which this point can be determined is to

be found in our own individual feelings, provided always that they are allowed to act in an unbiassed manner. We must not exceed the natural appetite; and, in order to restrict ourselves to its legitimate bounds, we must learn to distinguish the real from that fictitious state of the appetite which is created by too great a variety of savoury food: moreover, the feeling of refreshment and comfort, or else that of oppression and discomfort, after a meal, will show whether nature's voice has been rightly interpreted or not. We must also drink only to quench natural thirst, and should, therefore, take care that this sensation is not unduly excited by stimulants and highly-seasoned food.

OF MEALS.—From the state of society in which we live, our meals require to be regulated, as to time, rather in accordance with the ordinary affairs of life than with the original dictates of nature. However, what we lose by a neglect of these is fully compensated for by the advantages which we derive from the periodical recurrence of the hours of refection. By the force of habit, we daily feel hungry at the same hours; and, as all our arrangements are made to meet these conventional epochs, we have the means of satisfying hunger the moment it is felt. Other advantages no less remarkable accrue from this cir-



cumstance. The functions of the stomach are also the more vigorously performed in proportion to the regularity with which they are solicited. There are, however, two extremes to be avoided in the selection of the hours of our meals; that of too short and of too long an interval. From the first error, the stomach becomes enfeebled through the effects of an over-exertion, which leaves it no interval of repose; and, from the second, too full a meal is likely to be made, in order to appease the long-continued craving, and the consequent exhaustion therefrom. It follows that, if the hours of taking our meals are judiciously distributed, it will be for our advantage to abstain from food during the interval; if, under these circumstances, the appetite should be excited, it will rather arise from some accidental occurrence, such as the sight or odour of savoury food, than from any real want of the system.

The number of our meals, independently of the quantity of nourishment taken at each, must vary according to the digestive power of the stomach and the rapidity of the physical losses. There are some individuals who can digest only a small quantity of food at a time; it follows that they must eat little and often. This condition may sometimes depend upon a peculiarity of constitution (*idiosyncrasy* as physicians term it); but it

is common to the convalescent state from most acute diseases. In fine, we must also take into account individual habits, age, occupation, etc.

The inhabitants of this country are in the habit of making three principal meals, viz., breakfast, dinner, and supper; to which a fourth, or tea, as it is called, is added, which often supercedes the last. When, however, from any accidental cause, too long a time intervenes between the first two, a subsidiary meal or luncheon, as it is termed, is superadded.

I shall consider them in their order.

**BREAKFAST.**—This is perhaps the most natural, and certainly not the least important, of our meals; seeing that the stomach has enjoyed a long period of repose, and, consequently, ought to be in a fit condition to receive a fresh supply of nourishment.

It is in general advisable that a little time should elapse between the time of rising and the commencement of this meal; much will, however, depend upon the individual age, habit, and occupation. Thus, the adult who leads an inactive life does not require to break his fast for some hours after getting up, whilst the laborious artisan and the growing child feel the necessity of taking food soon after they awake.

The solidity of our breakfast should be regu-

lated by the labour or exercise to be undergone, and by the earliness or lateness of the dinner hour. When this is late, a more nutritious morning meal, or "*un déjeuner à la fourchette*," as it is termed by foreigners, may with advantage be recommended, in order to supersede the necessity of lunching.

A dry breakfast has been recommended by some as peculiarly wholesome. That this is a great error, is clear from the well-known fact of the superior power of sleep in promoting the insensible perspiration; the body, under these circumstances, will need, on the contrary, an additional supply of liquid aliment, to compensate for the expenditure of its fluids thus occasioned.

DINNER.—Among the ancients, and with our ancestors also, dinner was nothing but a sort of luncheon, the supper being the principal meal. In the present day, it is, in its turn, regarded as the most important of all meals, at which, at least among the higher classes, every kind of luxury in the shape of eating and drinking may be indulged in; and so late is the hour generally fixed for this repast, that the modern dinner may justly be said to have usurped the place of the supper of our forefathers.

With regard to the proper period at which invalids should dine, physicians entertain but one

opinion : it should be in the middle of the day, or about two or three in the afternoon. It has been justly observed that it is thus best adapted to the decline of the animal vigour, because it affords a timely replenishment before the evening waning of the vital powers, which naturally precedes the hour of rest.

An early dinner may also be recommended to the generality of persons ; but especially to the young, who have not attained their full growth.

Persons who are in the habit of supping should make a light dinner.

TEA.—This is either a slightly restorative repast, usually accompanied with the beverage from which its name has been derived, or else it is strictly confined to liquid aliment, if it is to be followed by another meal.

SUPPER.—In the reign of Elizabeth, the nobility and gentry were accustomed to dine at mid-day, to sup between five and six o'clock, and to go to bed at ten. In modern times, the labouring classes are perhaps the only ones who constantly adhere to primitive custom in this respect.

By the term supper, we now understand a late repast, and, with the exception of dinner, generally of a more restorative character than any of the preceding meals, taken not many hours, or else just before bedtime.

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opinion: it should be in the number of the day, about two or three in the afternoon. It has been justly observed that it is thus best adapted to the decline of the animal vigour, because it affords a timely replenishment before the exhausting taxing of the vital powers, which necessarily requires an hour of rest.

An early dinner may also be necessary to ensure the quantity of persons. The dinner should be for young who have not attained marriage.

Persons who are in the same line of work should be invited.

Persons who are in the line  
make a light comment.

1. The above information was obtained from a confidential source who has provided reliable information in the past.

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As sleep is not favourable to every stage of digestion, it is very questionable whether retiring to rest with a full stomach can, under any circumstances, be healthy. Hearty suppers ought certainly to be avoided.

Among the intellectual part of the community, there has ever existed a strong predilection for suppers: the labours of the day are over; the hour is sacred to conviviality; and the period is one not likely to be disturbed by the calls of business. It is a subject of frequent observation, that the happy state of mind, which usually pervades the family circle on these occasions, prevents much of the evil consequences which naturally arise from indulging too frequently in such repasts.

All are agreed that exercise should be taken *before* meals; but it should not be of so violent a kind as to induce exhaustion. *After* a meal, rest or gentle exercise, according to the individual constitution, may be had recourse to.

A cheerful frame of mind is one of the great essentials for a good digestion; whence it follows that the most important meal should be made after the business and anxieties of the day are over. Conversation should be encouraged at these times, as it has, independently of its healthy influence over the mind, the good effect

of preventing individuals from eating too fast, as well as from insufficient mastication of their food, and thus indirectly tends to the due assimilation of aliment.

During meals all unnecessary tightness of dress should be studiously avoided, in order to allow of the due expansion of the stomach. This is particularly applicable to females, who are more addicted to error on this point than the other sex.

From the important part which the atmospheric air plays in all the vital functions, it is almost unnecessary to add that, in the selection of a locality for the purposes of refection, we should prefer a well-aired room.

Of the various mistakes with regard to diet which men are apt to commit, it must not be forgotten that errors in quantity, rather than in quality, especially when they are habitual, are the most injurious to the constitution.

With the exception of those who are daily subjected to very laborious employments, or who may chance, from causes independent of their inclination, to be suffering from insufficiency of nutriment, it might be said generally of all classes of civilized society, that the adult members consume a much larger quantity of aliment than is requisite either for their subsistence, or for the



maintenance of their moral and physical health. Thus much actual facts prove, namely, that we can with impunity, as far as life is concerned, take a much larger quantity of food than is necessary to meet the legitimate demands of the animal economy; the stomach becomes habituated to the overcharge, which in time becomes the daily standard, and the whole system in turn accommodates itself to the existing abuse as best it may.

Occasional abstinence from animal food, and from stimulants, would certainly do the higher classes, and the majority of persons in easy circumstances, no little good in counteracting the pernicious tendencies of too generous a mode of living. *Unless it be carried to a fanatical extreme*, the system of Fasts prescribed in the Book of Common Prayer is decidedly beneficial, even to the physical constitution.

Perseverance in a habit which is productive of a reparation far superior to the actual losses of the animal economy, gives rise to fulness of habit, often accompanied with excessive obesity, especially of the belly; and thus, in many cases, is destroyed all that constitutes the physical beauty of man: inaptitude for exertion of all kinds supervenes, and he may then be said to vegetate. It is almost needless to add, that

the state of the system so induced is a very strong predisponent to gout, and to a variety of inflammatory complaints; the least emotion, or the slightest mental fatigue, exciting an enervated brain, will often terminate the existence of persons thus affected, by bringing on an apoplectic attack.

To a deficiency of aliment, without including the extreme case of starving, many diseases may fairly be traced. This source of malady, especially when it is associated with a vitiated atmosphere and absence of daylight, is one to which the lower classes are frequently exposed. Consumption and scrofulous diseases of different kinds are thus engendered, both in the child and in the adult.

One of the most important hygienic rules is certainly that which enjoins temperance in eating and drinking. There is one fact which alone ought to induce men to observe it, namely, that the stomach and the intellectual powers are generally in an inverse ratio of activity: the gourmand is for this reason unfitted for mental exertion.

In concluding this general subject, I may observe, that a plain system of diet, in accordance with the general principles already laid down, and consequently devoid of unnecessary stimulants—or at all events in which they occur but exception-

ally, and even then only in inconsiderable quantities—will prove the most sure means of preserving the moral and physical health.

As alimentary substances vary in their degrees of wholesomeness and in their nutritive properties, some information on the subject will be needed by those who wish to fulfil the requisite conditions of such a mode of diet. For this reason, the following brief survey of the principal articles used as food, and of the modes of their preparation, together with a few observations of a less general character, will not be out of place.

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#### OF ANIMAL FOOD.

No meat is generally found to be so digestible, or, with the exception of beef, so highly nutritious, as tender and well-conditioned mutton: it is, on this account, admirably adapted for convalescents from acute maladies, as well as for those labouring under chronic affections of the stomach. Wether mutton is in perfection when about four or five years old, and is usually the most esteemed, both for flavour and wholesomeness.

Beef is possessed of a firmer fibre, and on this account is not quite so easy of digestion as mutton: but, when fresh, it is the most strengthening of all kinds of animal food; and, next to

mutton, its consumption in this country is perhaps greater than that of any other meat. It, moreover, has the advantage of being always in season. Of the different sorts, ox beef is that which claims the preference.

Lamb is less heating and less dense than mutton, but inferior to it as regards nutritive properties and digestibility. When not killed too young, it is, nevertheless, a light and wholesome food. Like the flesh of all animals reared in an unnatural manner, that of house-lamb must be considered generally unwholesome.

Veal may be recommended to the healthy for the sake of occasional variety. Although less heating than beef or mutton, it is by far the least easy of digestion of any of the preceding meats. Invalids, above all others, should be very moderate in its use. Veal broth is, however, less objectionable in the dietary of convalescents than the meat itself.

The repeated bleedings to which calves are subjected in most parts of this country, in order to make the meat whiter, only tend to vitiate their flesh by depriving it of its juices, and render our veal inferior, in every respect, to that of foreign countries, where the calf is usually reared in the field by the cow, and killed at a more seasonable age.

Venison, when not kept too long, is a remarkably wholesome, and, at the same time, a very digestible and nutritious aliment.

Pork is a very savoury food, and affords much nourishment; but, like all meats in which oily and fatty matter abounds, must be considered as generally unwholesome, and should only be taken exceptionally by the healthy. As an occasional article of diet, it is better suited to those who are constantly in the open air, seeing that it is very apt to produce flatulence in the weak stomachs of those who are deprived of that healthy stimulant. Ham, from its mode of preparation, is more wholesome than pork. Bacon is ordinarily spoken off as a coarse, heavy, and indigestible food, only fit to be eaten by robust and labouring people. In small quantities, however, good bacon is by no means so unwholesome as most dietists would have us believe. The flesh of the sucking pig is, upon the whole, lighter and more wholesome than that of the full-grown animal. The flesh of the wild boar is firmer than that of the domestic hog; it is certainly equally nutritious, if not more so, and exceeds it both in flavour and digestibility.

The hare and rabbit are both wholesome and nutritious. The flesh of the former contains more nourishment; but it is drier and less digestible than that of the latter.

The flesh of birds is, in general, less heating, but, upon the whole, less nutritious than that of quadrupeds.

The domestic fowl, when properly dressed, affords excellent nourishment. The same may be said of most kinds of game, the flesh of which is even more nourishing and sooner digested, although rather more stimulating and heating. Food of this kind is, generally speaking, very well adapted to vary the convalescent's diet.

Turkeys and capons, and especially ducks and geese, as they contain much animal oil and fat, are very indigestible to weak stomachs. The two latter should be sparingly used, even in the diet of the healthy.

Pigeons afford a nutritious but very heating food.

The eggs of all granivorous birds are wholesome, and, when lightly dressed, well suited to the convalescent state as an occasional aliment.

Broths made from veal, chicken, or mutton, beef-tea, etc., like most kinds of animal nutriment conveyed in a liquid form, are suitable to that state of the stomach just preceding or during convalescence, when it cannot bear solid food. Finely-grated toast or vermicelli will greatly increase the nutritive properties of such preparations. Animal jellies will be rendered more

nourishing if a little bread or biscuit be partaken of at the same time.

Of the various animals killed for alimentary purposes, it may be laid down as a general rule, that the flesh of those which have attained their full maturity is at once the most wholesome and nutritious.

The chief requisites of all animal food are, that it should be fresh and tender, and also of good quality.

The brain, heart, tripe, liver, and lungs of most animals are inferior to the fleshy parts, both as regards digestibility and nutriment.

Milk and its various preparations form a very important part of the diet of mankind.

Milk is especially the food of children, as it is that of the young of all mammiferous animals. As an aliment, it is less calculated for the adult; and, on this account, it will be found to disagree with many grown-up persons when taken by itself in any quantity. Cream is very nourishing, and, when taken in small quantities, may be considered wholesome. The same may be said of fresh butter. Melted and salted butter are far less wholesome. Curds in moderation may be recommended occasionally. Cheese is an aliment only suited to those who take constant exercise, and who are possessed of vigorous stomachs; as

it is very indigestible, it should be partaken of with great moderation by the generality of persons. The mild fresh cheeses are those to which a preference should be given. Toasted cheese is even more objectionable, and should therefore be used with greater caution.

Whey and buttermilk are wholesome and cooling drinks.

The turtle yields most nourishing and delicate food; but the mode in which it is dressed often renders it objectionable. The esculent frog affords a light and delicate aliment, well suited for convalescents.

Fish have been considered as holding a middle place, in the dietary of mankind, between the flesh of warm-blooded animals and vegetable food. Notwithstanding their inferiority to the more highly animalized aliments, in a nutritive point of view, the health and vigour of the inhabitants of fishing towns are proofs that they are sufficiently nourishing for all the purposes of active life. This species of food is generally lighter, and very much less heating than meat, and on this account is often had recourse to by the convalescent. Moreover, in hot climates, where the necessity of reparation is small, and nature's wants are easily satisfied, it is more grateful and salutary than any other kind of animal food.



Salt-water fish are, generally speaking, the most wholesome and nutritious; they are likewise firmer and more sapid than those of rivers and lakes. A preference should always be given to the scaly fish in the diet of invalids.

Oleaginous fishes, such as fresh-water eels, salmon, mackerel, etc., are difficult of digestion, and should therefore be avoided by persons with weak stomachs.

Shell-fish are still more objectionable. They are known, occasionally, to produce eruptions upon the skin and disorders of the digestive organs, in those who are susceptible to their peculiar influence; nevertheless, there are many persons to whom they are very grateful, and sufficiently wholesome as an occasional aliment.

Oysters in the raw state are light and wholesome, even to invalids.

Salted meats, and especially salt-fish, must be considered as generally unwholesome; seeing that the chemical combination, which is induced during the process of curing, is highly detrimental to the nutritive properties and digestibility of the fresh aliment. The same objection may be made to dried and smoked provisions of either kind.

Plain soups, with the exception perhaps of some of the fish soups, are reckoned wholesome; but, when followed by other aliments, they often

disagree with persons whose digestions are weak, because the stomach thereby becomes over-distended, and, for the time, incapable of disposing of more solid food.

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## OF VEGETABLE FOOD.

Bread, the common food of rich and poor, is emphatically called the "staff of life," and its abundance is one of the greatest of national blessings.

The different sorts of wheaten bread commonly used in this country, are known under the following designations, viz., white, wheaten, and household.

From the first, all the bran is excluded; from the second, only the coarser bran; and from the third, none at all. The last two kinds are the most wholesome.

Home-made, a day or two old, is preferable to baker's bread, which is not unfrequently adulterated. When too fresh, bread often proves indigestible to weak stomachs.

Barley bread is wholesome for an occasional change: it is very well suited to the labouring classes.

Rye bread is nutritious, but very apt to turn

acid in the stomachs of those who are unaccustomed to its use.

Bread raised with fermenting powders, containing potash or soda, is objectionable on account of the medicinal nature of these substances.

Of the various kinds of unleavened bread, the common biscuit is the most wholesome. Plain cakes partaken of in moderation are sufficiently digestible and nutritious. Muffins and crumpets should be sparingly partaken of, even by the healthy.

Vermicelli and macaroni are good adjuncts to soups and broths. Macaroni is a wholesome and very nutritious aliment to those who have been accustomed to it from infancy, when dressed with a moderate quantity of fresh butter, or meat gravy, and good old Parmesan cheese.

Puddings and dumplings made with flour and suet, with or without the addition of fruit or preserves, are sufficiently wholesome partaken of in moderation, but are apt to disagree with weak stomachs. Milk puddings are the most wholesome and light. Baked pastry, from the very indigestible combination of butter and flour, which is created in the process of cooking, is very objectionable: it should, therefore, be very sparingly used. Pie-crust should always be rejected by those whose digestive organs are easily disordered.

Oatmeal cakes and porridge, especially the latter, are wholesome to those accustomed to partake of them.

Oats, pearl barley, rice, arrowroot, sago, tapioca, and a variety of similar vegetable preparations, are both nutritious and wholesome articles of diet, when prepared with milk or water, in the shape of gruel, barley or rice-water, puddings, etc.

Of the esculent roots, the potato is the most important. Its value as an article of food is too well known to be dwelt upon. In preparing it for the table, the essential point is to deprive it, as much as possible, of its moisture.

The turnip, Jerusalem artichoke, beetroot, carrot, parsnep, and radish are wholesome; the last-named vegetable is rather medicinal in its properties. Carrots and parsneps should be very well done; otherwise they are very indigestible.

Young cabbage, brocoli, cauliflower, and greens are very wholesome vegetables when they agree. Spinach, sorrel, artichokes, celery, and tomatoes are agreeable and highly esteemed, although they are slightly medicinal.

Green peas and beans are very wholesome and exceedingly nutritious; dried peas and beans, and every kind of lentils, are apt to produce flatulence in weak stomachs.

Water-cresses, lettuce, and a variety of salads, are cooling and refreshing to the healthy.

Mushrooms are esteemed a great delicacy, but are far from wholesome.

Most kinds of fruit, both in the fresh and dried state, are grateful and refreshing; and with the exception of nuts in general, may be considered as an invaluable addition to our alimentary resources.

In the selection of fruit for the table, care should be taken to reject all that is of an inferior quality or unripe.

By the process of cooking, several kinds of fruit, and even some which are not fully matured, gain in nutritive properties and wholesomeness. Thus the chestnut, which in the raw state is very indigestible, is rendered both nourishing and wholesome; the same may be said of unripe apples and pears, of green gooseberries, and similar fruits.

The value of fruit-preserves and syrups, both as condiments and drinks, is too well appreciated to need any comment.

In the sick dietary, several fruits and preserves are prohibited on account of their acidity or other medicinal properties.

As a general rule, vegetables should be young and juicy, and, above all things, fresh.

## OF DRINKS.

There is no drink so wholesome, or, to the unvitiated taste, so agreeable as pure spring water; nor is any beverage so conducive to the digestion of those who live abstemiously.

River water which has been filtered is, however, sufficiently wholesome when spring water cannot be obtained.

Toast-and-water is a most wholesome and slightly nutritious drink, and will generally agree with those stomachs which cannot bear the pure fluid.

Of the vegetable infusions, tea and coffee are those most generally used.

Tea exerts a powerful influence upon the nervous system, which renders its use highly objectionable in the cases of persons labouring under nervous and other disorders. Habit, however, and likewise the practice of adding sugar and milk, or cream, together with the solid meal which usually accompanies or precedes it, in a great measure counteract this pernicious property, provided it is not made too strong; and render it a pleasant and refreshing beverage to the healthy. The black are much less injurious than the green varieties of tea.


Coffee is highly stimulating, and, when taken

very strong, its action upon the nervous system and circulation is even more remarkable and pernicious than that of tea. The preceding observations are also more or less applicable to coffee; it should, however, be more sparingly and recourse to. Plentifully diluted with boiled milk, it may be taken occasionally for breakfast without any unpleasant consequences.

Chocolate prepared with milk and sugar is more nourishing; and as its use is unattended with detriment to the constitution, it may, with advantage, be recommended to those with whom it agrees, as a substitute for coffee at breakfast. It is, however, improper for the corpulent, and for those who have a tendency to sanguineous apoplexy.

Cocoa is in fact only a weak chocolate. It is a light, nutritious, and wholesome drink, and makes an admirable substitute for tea.

Ardent spirits (such as brandy, Hollands, and other similar liquors) are less liable to prove injurious in very cold and intemperate than in ordinarily mild climates, provided great moderation is observed in their use: they are chiefly adapted to persons who are being constantly exposed to cold and wet. In any case, they should always be plentifully diluted with water, and even then only taken exceptionally. The



moral degradation, and ultimate physical disorganization, which follow upon their abuse, especially when taken in the raw state, are too well known to be dwelt upon. Invalids who have been accustomed to spirits for many years, should not suddenly discontinue their use without the sanction of competent advice. French brandy, especially Cognac, and Irish or Scotch whisky, are, perhaps, the least objectionable in a diluted state.

The habitual indulgence in *liqueurs* of various kinds is likewise highly detrimental to the constitution.

Malt liquors contain a larger quantity of nutritive matter, and, in general, a less proportion of spirit, than any of the other fermented drinks : they contain, however, in a greater or less degree, a narcotic principle, derived from the hop. Home-brewed beer is the most wholesome and refreshing of all malt liquors, and is a good beverage for those who undergo much bodily fatigue or hard labour; but to the sedentary and inactive, it must be considered generally injurious. Ale and porter, as well as the stronger kinds of beer, are more objectionable, seeing that they are often subject to adulteration. Invalids who have been in the daily habit of drinking malt liquors, cannot always forego their use; but upon this point



they must follow the counsel of their medical adviser.

Cider and perry are grateful drinks in hot weather ; but as they are apt to turn acid upon the stomach, they should be excluded from the sick dietary. Ginger and spruce-beer may occasionally be indulged in by the healthy. Soda-water is medicinal, and its abuse is a very common exciting cause of indigestion.

The use of strong wines (such as port and sherry), like that of all highly stimulating drinks, cannot be considered wholesome, seeing that they contain a large quantity of spirit. Dilution, however, renders them less pernicious. Port is more objectionable than sherry or Madeira, on account of its astringent properties. The pure acid wines (such as claret, and the light Rhenish, French, and Italian wines) are the least objectionable, and, when copiously diluted with water, are wholesome and refreshing drinks, especially in hot countries. Sweet wines (such as Frontignac, Tent, Malaga, etc.), which possess little body, are grateful in small quantities, and may occasionally be allowed. The home-made wines are apt to ferment and turn acid upon weak stomachs ; they cannot therefore be considered wholesome. As a general rule, invalids should not drink wine, because the temporary stimulus which it affords is almost

invariably followed by depression. Persons of a weak constitution, who have habituated themselves to wine, should not leave it off suddenly without competent advice; nevertheless, the cases are rare where its use requires to be persisted in.

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## OF CONDIMENTS.

Under this head are naturally included all those substances which are taken with our food, rather with a view to promote digestion, or to correct some hurtful tendency in the aliment partaken of, than on account of any nutritive properties which some of them may chance to possess individually.

Common salt is a natural and necessary stimulant, when taken in moderation, both to the sick and healthy.

Good vinegar, in small quantities, is a grateful and healthy stimulant, seeing that it tends to prevent the fermentation of both animal and vegetable substances in the stomach. Mingled with olive oil, it forms an excellent condiment for salads and other raw vegetables, and for fat and oleaginous fish, such as salmon, mackerel, etc., as well as for shell-fish. In disease, its use, like that of other acids, is generally prohibited, as it is apt to disagree with weak stomachs, and

because it is not unfrequently a medicinal antidote. White-wine-vinegar is the most wholesome.

Lemon-juice is also a grateful acid, and is frequently used, instead of vinegar, as a corrective to animal fat and oil; *especially* with fried fish or meat.

Pickles are, in fact, only vegetable receptacles for vinegar. Walnuts, samphire, and onions are, perhaps, the best vegetables for pickling, seeing that they are less apt to be hardened by the acid than the generality of other vegetables; and, consequently, this property renders them less objectionable when used in moderation by the healthy.

Olive oil proves valuable as a seasoning for raw vegetables, because it not unfrequently obviates their flatulent tendency by preventing their fermentation in the stomach. It is generally mingled with a small proportion of vinegar.

Butter, in moderation, may be allowed the healthy. The sick, but more especially those who suffer from indigestion, should be guarded in its use. Rich sauces, made with butter, must be reckoned unwholesome.

Sugar, in moderation, is nutritious and wholesome; moreover, it not unfrequently acts as a corrective to the medicinal properties of certain vegetable infusions, such as tea and coffee. A

variety of fruits preserved or cooked with sugar are likewise used as condiments.

The aromatic condiments consist chiefly of certain garden-roots and seeds, pot-herbs, and foreign spices.

Of the garden-roots and seeds, the onion, shallot, leek, horseradish, mustard, and capers are wholesome in moderation. Of the pot-herbs, chervil, thyme, parsley, celery, and many others, are also wholesome when used in cookery, or as condiments, in small quantities. Under certain circumstances, they may be sparingly allowed even to the sick.

Foreign spices are far more objectionable, on account of their highly stimulating properties, and when used by the healthy should be taken in great moderation. Black pepper, allspice, nutmeg, and cloves are, perhaps, the most unwholesome, and ought certainly to be excluded from the diet of the sick.

Combinations of some of the condiments are by no means unwholesome. Mint sauce, for instance, which is a combination of mint, diluted vinegar, and sugar, certainly renders lamb and other gelatinous meats more easy of digestion.

## OF COOKERY.

Among all civilized nations, the generality of aliments are not made use of without having undergone some modification from the culinary art.

The art of cookery acts upon alimentary substances, by diminishing the cohesion of some, and increasing that of others. It modifies their taste, savour, and appearance, which, in the crude state, might have created feelings of disgust through the medium of those senses which sympathize so intimately with the stomach. By this process aliments are not unfrequently deprived of certain volatile or soluble principles, which, if retained, would prove injurious to the system; they likewise become more easy of digestion, and not unfrequently gain in nutritive properties. Moreover, by the application of heat, they are, under certain circumstances, raised to a temperature more grateful and beneficial to the stomach.

The following constitute the common modes of cooking which are applicable to animal and to most kinds of vegetable food, viz., broiling, roasting, boiling, baking, stewing, and frying.

Broiling and roasting are the most wholesome modes of dressing animal food. A just mean

should be observed in cooking meat : it should neither be *over-done* nor *under-dressed*.

Boiling is also a good mode of cookery, though inferior to the first two : it is, however, well calculated for vegetables. Young and gelatinous meats, such as veal and lamb, and birds, in general, are more wholesome when roasted.

Baking and stewing come next in point of wholesomeness ; whilst frying is the least eligible mode of cookery, on account of the animal fat, butter, or oil, which are necessarily used in this process.

As a general rule, young meats, poultry, game, fish, and vegetables should be very well done : the same also applies to fat and oily meats.

The most simple modes of cooking are best. Plain broiling, roasting, and boiling are to be preferred for most kinds of meat ; broiling, boiling, and frying, for fish ; and boiling, baking, and sometimes roasting, for vegetable food. Vegetables are often rendered more nutritious and digestible by the addition of meat gravy.

Made dishes cannot be recommended to the invalid ; who should be very sparing in their use.

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## OF THE DIET OF THE SICK.

It should always be remembered, with regard to the application of dietetic rules to the treatment of the sick, that the rigour of the dietary, and the length of time during which it should be enforced, ought to vary with the nature and importance of the disorder which has rendered its observance necessary.

In Acute Disease, the ordinary conditions of existence are so modified as to admit of an extraordinary concentration (so to speak) of the vital energies, in order to resist the destructive influences of morbid agents. Physical activity ceases, and with it the same necessity for reparation (as far as solid nutriment is concerned) which exists in health; moreover, the body is usually kept, when the case is at all urgent, at a temperature which still further diminishes the loss of vital heat, and the consequent demand for nutritious food: whence it follows that, in the febrile and inflammatory stages of acute disorders, only the most simple and least nutritive kinds of liquid food, such as pure water, toast and water, gum-arabic water, with or without the

addition of fruit syrups\* (according to the taste of the patient), are proper.

As the inflammatory symptoms subside, barley-water, rice-water, oatmeal-gruel, or whey, may be given. When, however, the return of the appetite and the cessation of thirst indicate the approach of convalescence, a light farinaceous and milk diet, consisting of preparations of arrowroot, sago, etc., to which beef-tea and cocoa may be added, should precede the gradual return to the ordinary mode of living. In all cases, it is most prudent to begin only with a few tea-spoonfuls of the food first allowed, and then to watch their effect for a few hours before repeating the same quantity; in other words, to give little at a time and often, gradually increasing or diminishing the quantity, according as the food may have agreed or otherwise.

When the acute symptoms are mild throughout the attack, light farinaceous food, with a little beef-tea, may be allowed; but upon no account should Nature's dictates be violated.

In Chronic Disease, a greater variety is needed (in fact, often as great as in the healthy state), and that for reasons too obvious to need any

\* Except in cases where the bowels are relaxed. The same prohibition would likewise apply to fruit and milk under similar circumstances.



comment. The Dietary which follows, and which is more especially adapted to the sick under Homœopathic treatment, gives a summary of those articles of food which the patient may generally partake of, or which, on the other hand, he ought to avoid.

## HOMŒOPATHIC DIETARY.

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### ALIMENTS ALLOWED.

**BREAD, etc.**—Wheaten bread, especially home-made, a day or two old; barley-bread, rye-bread; plain biscuits and light wheaten cakes; plain currant or sponge cake; pearl barley, rice, Indian meal, oatmeal, arrowroot, sago, tapioca, potato-flour, semolina, macaroni, and vermicelli, plainly dressed.

**MEATS.**—Beef, mutton, and lamb, not killed too young; venison, hares, and rabbits.

Meat jellies, such as

### ALIMENTS FORBIDDEN.

**BREAD, etc.**—All kinds of bread and cakes containing potash or soda, or which have been raised with fermenting powders containing similar ingredients; cakes prepared with spices, or with much butter or fat; all kinds of new bread, hot rolls, muffins, crumpets, etc.; *oatmeal cakes*, and *oatmeal porridge*.

**MEATS.**—*Veal, calf's head, sucking-pig, fresh corned beef, salt or hung beef, ham, bacon, pork (fresh or salted), wild*

## ALIMENTS ALLOWED.

calf's foot and other similar jellies.

Pullets, chickens, capons, Guinea fowls, turkeys (both domestic and wild), pheasants, partridges, quails, woodcocks, snipes, grouse, blackcock, ptarmigan, wild ducks, plovers, lapwings, fieldfares, thrushes, larks, wheatears, beccaficoes, ortolans, sparrows, etc.

Raw or lightly dressed (boiled, fried, or poached) new-laid eggs.

Frogs.

FISH.—All fresh scale fish (except salmon and other fat and oleaginous fishes), such as silver whittings, soles, smelts, flounders, plaice, whitebait, John Dory, turbot, cod, red mullet, ling, haddock, whiting, mountain and other trout, perch, etc.

Conger eels.

Raw oysters.

Plain isinglass-jelly.

## ALIMENTS FORBIDDEN.

*boar, salted and dried tongues, sausages (fresh, or dried and smoked); brain, liver, kidney, sweetbread, tripe, heart, and lungs in general.*

*Pigeons, ducks, geese, wild geese, solan-geese, teal, widgeon, etc.*

Curries of every description.

*Hard-boiled eggs, stale eggs.*

*Turtle.*

FISH.—*Salmon, grey mullet, mackerel, herrings, and fresh-water eels.*

Most kinds of shellfish, such as *crawfish, lobsters, crabs, shrimps, prawns, mussels, periwinkles, cockles, ormers, limpets, etc.*; pickled or *cooked oysters*, smoked, salted, or pickled herrings, pilchards, salmon, *anchovies, sardines, etc.*; Finnan haddock, dried

## ALIMENTS ALLOWED.

**SOUP OR BROTH.**—Beef-tea, veal or chicken broth, mutton broth, etc.; soups made from the lean and bones of meat, seasoned with a little salt, to which may be added a little bread or toast cut in slices, well-boiled vermicelli, macaroni, rice, pearl barley, or other ingredient of a similar kind, together with a few wholesome vegetables and pot-herbs, according to taste.

Plain giblet soup, "pot-au-feu," conger and other plain soups.

**VEGETABLES.**—Mealy potatoes, carrots, turnips, young greens, cabbage, sea-kale, cauliflower, or brocoli, green peas or beans, French beans, spinach, Jerusalem artichokes, salsify, and vegetable marrow.

## ALIMENTS FORBIDDEN.

and salted cod-fish, stock-fish, *caviare*, etc.

**SOUP OR BROTH.**—All rich and highly seasoned soups, such as turtle, mock-turtle, oxtail, mullagatawny, and giblet soup.

*Pea soup.*

**VEGETABLES.**—All raw vegetables, *beetroot*, *parsneps*, *tomatoes*, *asparagus*, *celery*, sorrel, water and other cresses; *lettuce*, endive, mustard, dandelion, and other salads; mushrooms, radishes, gherkins, cucum-

## ALIMENTS ALLOWED.

PASTRY, etc.—Rice, tapioca, semolina, potato-flour, bread, batter, and various plain milk puddings; rice-milk, plain custards, panada, baked flour, arrowroot, sago, etc., prepared with milk or water.

Cooked fruits (the acidity of which has been neutralized with sugar), such as stewed apples, pears, plums, prunes, peaches, apricots, etc., baked apples or pears.

Fresh butter, in moderation, sweet curds, cream and other mild cheeses.

Preserved apples or pears; strawberry, raspberry, or apricot jam, treacle, etc.

*Occasionally or Exceptionally.*

Light puddings and

## ALIMENTS FORBIDDEN.

bers, and *artichokes*; *dried peas* and *lentils*.

PASTRY, etc. — All heavy pastry (whether boiled, fried, or baked); *Yorkshire puddings*, *beef-steak puddings*, *meat pies*, *fish pies*, etc.

All kinds of rich pastry containing spices and aromatics; gooseberry tarts, *mince pies*, etc.

Rancid butter, salt or potted butter, old or strong cheeses.

*Honey*, marmalade, and all acid or aromatic preserves.

All coloured confectionery.

## ALIMENTS ALLOWED.

*Occasionally or Exceptionally.*

dumplings of wheaten flour and suet, plain plum puddings, roly puddings with sweet preserves (such as strawberry or raspberry jam), apple puddings and dumplings.

Very light pastry, tarts, etc., containing sweet fruit or preserves; pancakes, fritters, etc.

Stewed rhubarb, etc.

Macaroni dressed with meat gravy, or with a small quantity of good fresh butter and Parmesan cheese.

FRUIT.—Strawberries, raspberries, gooseberries, peaches, apricots, green-gages, sweet cherries, melons, grapes, figs, pomegranates, sweet and juicy apples, such as golden and Ribstone pippins; juicy pears, very sweet oranges.

## ALIMENTS FORBIDDEN.

FRUIT.—All acid and unripe fruit, likewise all fruit (whether dried or fresh) of an inferior description, currants, *mulberries*, sour apples, stony pears, lemons, limes, bitter oranges, *pine-apples*, etc.

*Olives, walnuts, fil-*

## ALIMENTS ALLOWED.

Sweet almonds, roasted or boiled chestnuts.

Turkey figs, dates, raisins, prunes, French plums, dried currants, etc.

**DRINKS.**—Water, especially pure spring water, toast and water, barley-water, rice-water, gruel, gum-arabic water, water sweetened with sugar, or with strawberry or raspberry syrup.

Milk, fresh butter-milk, whey, milk and water, boiled milk, cocoa boiled with milk or water, pure plain chocolate, prepared with milk and sugar, weak black tea, with milk or cream, and sugar, etc.

*Exceptionally.*

Genuine Frontignac, Montefiascone, Muscat, Tent, Malaga, and other sweet wines possessed of little body, light Rhe-

## ALIMENTS FORBIDDEN.

*berts, hazel-nuts, cob-nuts, hickory-nuts, cocoa-nuts, raw chestnuts, etc.*

**DRINKS.**—All ardent spirits, such as brandy, Hollands, rum, arrack, whisky, potato-spirit, etc.

Beer, porter, ale, cider, perry, ginger-beer, spruce-beer, and all other fermented liquors.

Wine in general, especially brandied and strong-bodied wines, such as port, sherry, Marsala, Madeira, Cape, Burgundy, etc.

Liqueurs of every kind; cherry brandy, noyeau-water, etc.

Home-made wines, such as ginger, currant, orange, elder, etc.

Bitters and other "so-called" stomachics, soda-water, lemonade, raspberry vinegar, and all

ALIMENTS ALLOWED.

*Exceptionally.*

nish, French (*vin ordinaire*), Spanish, and Italian (*vino nostrale*), wines plentifully diluted with water.

Very weak Cognac brandy and water, or whisky and water, weak sherry and water, mild home-brewed beer.

Very weak coffee ("café au lait"), with boiled milk and sugar.

CONDIMENTS. — Salt, sugar, cream, fresh butter and olive oil in moderation.

*Exceptionally.*

Pure white wine vinegar, very much diluted.

ALIMENTS FORBIDDEN.

other stimulating or acid drinks.

Green tea, or strong black tea, coffee, and spiced chocolate.

Herb teas, such as cowslip, violet, sage, chamomile, elder, or nettle tea.

All natural or artificial mineral waters.

CONDIMENTS.—Wine or beer vinegar, wood vinegar, and all diluted mineral or vegetable acids, and likewise the receptacles of these, such as catsups, pickles, and salads of every description.

Rich sauces.

Garlic, onions, shallots, chives, leeks, etc.

Chervil, marjoram, sage, mint, parsley, thyme, lemon and orange peel, celery, truffles, capers, horseradish, and mus-



## ALIMENTS FORBIDDEN.

tard; black pepper, Cayenne pepper, allspice, pimento, *mace*, nutmeg, cinnamon, cloves, ginger, saffron, vanilla, laurel leaves, bitter almonds, peach and other kernels, peach leaves, curry powder, aniseed, fennel, coriander and carraway seeds, rose-water, etc.

GENERAL OBSERVATIONS  
ON  
THE HOMŒOPATHIC DIETARY.

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A REFERENCE to the general principles already laid down will show that, in the framing of the Homœopathic Dietary, they have not been lost sight of.

Thus, the columns of the *allowable* aliments include almost every kind of food which general experience has proved to be nutritious and easy of assimilation, and, at the same time, possessed of no appreciable medicinal properties; whilst those of the *forbidden* aliments, in their turn, comprise those dietetic articles which are inadmissible, either on account of their indigestibility or else of their medicinal properties.

None of the articles of food, contained in the columns of the aliments *occasionally* or *exceptionally allowed*, should be partaken of by patients,

under systematic treatment, without the permission of their medical attendant.

Many of the aliments in the proscribed columns are printed in *italics*, seeing that they may sometimes be *exceptionally* made use of, in small quantities, and under certain restrictions, with the sanction of competent advice.

As the legitimate treatment of "domestic" ailments usually occupies so short a period, the author would counsel the patient, by all means, to adhere to the *strict* diet.

Even among those aliments which are generally esteemed wholesome, there are individual exceptions which must not be lost sight of; so that, *in no case, should any article of food, however wholesome, be forced upon a patient with whose stomach it has invariably been found to disagree.*

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OF REGIMEN.

Under the head of Regimen, the following subjects, viz., air and light, clothing, exercise, sleep, cleanliness, and moral habits, will be considered in their relation to the maintenance and promotion of health.

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## AIR AND LIGHT.

The ancients seem to have been so well aware of the important part, which the atmospheric air plays, in all the functions of living beings, that they do not hesitate to term it, above all others, the *aliment of life*; nor indeed is anything so conducive to the maintenance of health, or its restoration, as breathing the pure fresh air, together with free exposure to the light of day.

In the choice of a dwelling, too much attention cannot be paid to these points; especially in towns where the streets are narrow, and the houses ill ventilated.

Infants and young children suffer by being confined within doors. Whereas, if freely exposed to the external air and to daylight, and clad according to the mildness or rigour of the season, they become almost as hardened to the vicissitudes of the weather as young cattle.

The inhabitants of towns should make a daily habit of taking an airing beyond the suburbs, of at least an hour's duration, selecting that neighbourhood where the air is cool and moderately bracing; and, if practicable, they should

contrive to go into the country or near the sea-side, once or twice a-year, for change of air.

Invalids and delicate persons should not go out too early in the day, nor remain out too late. Any time between eight in the morning and seven in the evening may be selected in summer, and between ten in the morning and four in the afternoon in winter, care being taken to avoid extremes of heat or cold at all seasons of the year.

When the weather does not admit of going out, an airing may be taken by throwing open the windows, and walking backwards and forwards about the room, as on shipboard, seeing that it is in the power of every one to protect himself from cold by additional clothing.

Night air is justly considered unwholesome, more especially just after sunset, when the dew begins to fall. In hot climates, where the country is badly drained and marshy, exposure to the night air is dangerous in the extreme.

It must not be forgotten, that the supply of fresh air is quite as essential, if not even more so, in sickness as in health; and, for this reason, all rooms which do not allow of free and constant ventilation are most objectionable as receptacles for the sick.

It is a very common, and at the same time,

generally speaking, a very bad practice to darken the sick-chamber ; so that not only is the beneficial influence of daylight in promoting recovery thus lost, but also the habit of sleep, which the regular alternation of day and night induces even in the sick, to say nothing of the tedium and weariness of perpetual night.

Exposure to sudden alternations of temperature, to the inclemencies of the weather, to draughts, to an impure atmosphere, or to the tainted air of crowded assemblies, should, at all times and in all places, be carefully avoided, especially by invalids.

With all the ordinary care possible, it is sometimes difficult to avoid, in a variable climate, occasional exposure to rain and damp. In such cases, the wet or damp clothes should be changed as soon as an opportunity presents itself of doing so ; and *on no account should any one, however strong he may be, stand still or sit down with wet garments or wet feet.*

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OF CLOTHING.

The chief object of all clothing is to preserve the body at an equal temperature without impeding the free motion of the limbs, and, at the

same time, without altogether excluding the external air from the surface of the body.

Our garments should therefore be made of soft and pliable materials, of such a form as to be comfortable from their ease, and of such textures as are pervious to the air. They will necessarily vary, in kind and texture, with the seasons of the year and the atmospheric changes, and also with the individual age and constitution.

The body-clothes should be frequently changed; consequently, they ought to be made of stuffs which are easily washed.

Flannel, when requisite, had better be worn over an under-jacket of calico. If worn next to the skin, it should be often changed.

Woven cotton jackets will, however, enable most persons to dispense with the use of flannel altogether.

Robust and young persons, comparatively speaking, require but little body-clothing, and that only of a lighter kind; the delicate and the aged must, however, be warmly clad throughout.

It is a great error to suppose that the body may be trained from childhood to resist all changes of temperature by scanty clothing; nevertheless, the opposite extreme should be avoided. In summer, children may be lightly clothed, so as to admit of the free exposure of

their necks, arms, and legs to the healthy influence of the air; whereas, in winter, their clothing should be warm, and made to protect their extremities from the cold.

Invalids and persons of weak constitutions should, in this country, be careful not to make too great a change in their clothing in summer, especially in the evening.

With young girls, the practice of wearing corsets (stays) is very objectionable. Artificial supports of this kind impede the natural formation of the breasts, and tend to destroy the muscular power of the back.

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EXERCISE.

Of all the accessories for the preservation and promotion of health, none is more worthy the attention of that portion of the community which is occupied with intellectual or sedentary pursuits than the enjoyment of regular exercise, seeing that this habit tends to strengthen and invigorate every function of the body.

Most persons require regular bodily exercise of some kind, and of at least one or two hours' duration daily. It must, however, be borne in mind, that exercise, no matter of what kind, to



be beneficial, should fall short of actual fatigue ; so that its degree will naturally vary with the individual health, strength, age, and occupation.

The healthiest mode of exercise, and by far the most natural, is walking. The most suitable time for walking, and indeed for most kinds of exercise, is between breakfast and dinner.

Riding on horseback will prove very beneficial to invalids or weak persons, who cannot endure the fatigue of walking. When, however, horse-exercise is too laborious, an airing in an open carriage may be substituted with advantage. Exercise of this kind has an advantage which has not been sufficiently dwelt upon, namely, that of rapidly changing the air ; and on this account may be recommended as a wholesome variation, even to strong persons who are in the habit of walking.

Digging is a more beneficial occupation than is usually supposed ; it will often prove of much benefit to those who suffer from inaction of the bowels.

Rowing is a good exercise ; but it is sometimes attended with serious and permanent injury to the constitution by being pursued in too violent a manner.

Gymnastics and games of various kinds, such as fencing, throwing the quoit, dumb-bells, drill-

ing, dancing, battledore and shuttlecock, etc., are also salutary modes of exercising the body and limbs.

General friction, by means of the flesh-brush, which may be used night and morning, for the space of fifteen or twenty minutes at a time, is a practice worthy of high commendation.

Young children should be encouraged to walk as soon as they begin to put their feet to the ground of their own accord; but upon no account should they ever be forced to do so. In exercising a child, care should be taken not to fatigue it. Weakly children ought not to be allowed to stand or walk long at a time; but they should be alternately carried in the arms, or drawn in a little carriage, and encouraged to walk.

It is a very common error with merchants, clerks, and other persons engaged in sedentary pursuits, who may chance to live out of town, to tire themselves by walking several miles to their residences after the labours of the day; and this by way of gaining an appetite, as if bodily fatigue were an antidote to mental exhaustion.

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## SLEEP.

There is no restorative so grateful or so necessary to man, after the daily exertion to which his body and mind have been subjected, as sound and refreshing sleep ; and, consequently, there is no habit so deserving of earnest cultivation.

In fixing upon the hour of rest, and the period to be devoted to sleep, extremes should be avoided, seeing that the enervating tendencies of both are almost equally pernicious ; moreover, the time of life, as well as the individual health and strength, sex, etc., must be taken into consideration, before a just conclusion can be arrived at upon this important subject.

More sleep is required in infancy than in childhood, seeing that the first stage of human life is passed in alternations of repose and refec-tion. Again, children require more sleep than adolescents ; adolescents than adults ; adults, in the prime of life, than the aged ; women than men ; and, lastly, the weak and infirm than the strong and healthy.

Young children should go to bed at six or seven in the evening, according to the season of the year, and rise at the same hours in the morning. Up to the age of three or four years, children

should be allowed to sleep for an hour or two in the middle of the day. Adolescents need from seven to nine hours' sleep in the twenty-four; adults, from six to eight; and even invalids seldom more than eight or nine. From half-past ten to eleven will be the most suitable time for the generality of grown persons to retire to rest at night; and six in the morning in summer, and seven in winter, for rising.

The bed-chamber should be light and airy, and the bed-clothes, especially the sheets, well aired.

Plants should never be allowed a place in sleeping-rooms, seeing that they tend to vitiate the atmosphere.

Light and warm bed-clothes are preferable to those which are heavy and oppressive; horse-hair mattresses to feather beds. Bed-curtains, which prevent a free circulation of pure air, are objectionable; for this reason, beds without curtains are, generally speaking, the most wholesome.

Exercise, temperance, and tranquillity of mind are great accessories to comfortable sleep.

The use of the flesh-brush, before going to bed, will often be found beneficial to those who are kept awake by the languor of their circulation. Hot-water bottles, or heated flannels, may like-

wise be had recourse to by persons who suffer from cold feet at night.

Sleeping after dinner should never be made a practice of. Its effect is to hurry on the digestion; and hence the fever and state of excitement in which those who indulge in this habit not unfrequently awake.

The practice of forcibly rocking infants, in order to put them to sleep, is highly objectionable, because it is very apt to induce congestion of the brain.

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#### CLEANLINESS.

Cleanliness is a habit so essential to the well-being and comfort of the body, whether in sickness or in health, in infancy or in youth, in manhood or in old age, that it can scarcely be too much insisted upon.

Children and infants should daily be washed all over with slightly tepid, or else cold water, according to the individual health and vigour; after which they should be well rubbed with dry towels.

In warm weather, the cold bath may be had occasionally recourse to once or twice a-week;

in winter, it is better to take the chill off the cold water.

The child should be dipped once or twice on entering the bath ; after which it may be allowed to splash about for a minute or two before taking it out of the water. After bathing, it should be well dried, and, if disposed, may be allowed to sleep ; and, if not, it may be dressed at once, and encouraged to run about.

Cold or tepid sponging, or rubbing with a wet towel, may be had recourse to in like manner by the adult, together with an occasional tepid or cold bath.

Tepid is preferable to cold water for the sick and infirm at all periods of life, who possess little power of reaction after the shock caused by the cold water.

In acute diseases, when water is required for the purpose of cleanliness, it should be used at a temperature as nearly approaching to that of the body as possible, and should be wiped away before it has been allowed time to chill by evaporation.

Hot baths have a very relaxing and debilitating tendency, and, therefore, are seldom allowed under Homœopathic treatment.

Sea-bathing, as it is a remèdial agent of great power, should never be had recourse to by the invalid without competent medical advice.

Perfumery and cosmetics of various kinds, such as eau-de-Cologne, eau-de-Luce, lavender-water, strong-scented hair-pomades, medicated tooth-powders, but more especially camphor, musk, smelling-salts, essence of vinegar, etc., are, generally speaking, to be considered as detrimental to the health, and, therefore, should be sparingly used, the preference being given to the milder scents. Under Homœopathic treatment they are all objectionable, as they tend to interfere with the action of the prescribed remedies, independently of their own peculiar influences on the organism, and consequently should be entirely abstained from.

Snuff-taking and smoking are bad habits, and often at variance with cleanliness; they should on this account be discontinued.

Inveterate snuff-takers or smokers, when they subject themselves to Homœopathic treatment, should diminish their daily allowance of snuff or tobacco; moreover, they should neither smoke nor take snuff for at least an hour before, and an hour after taking the Homœopathic remedy.

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## MORAL HABITS.

A good moral regimen is not only essential to the preservation of health, but also to its restoration, seeing that it places the patient in the most favourable condition for recovery. For this reason, over-study, anxiety, and unhealthy or morbid excitement of every kind, should, if possible, at all times, but more especially at the approach of sickness, be guarded against.

Habits of industry, virtue, and individual independence, together with the enjoyment of cheerful society and occasional recreation, are very necessary to the maintenance of the moral health.

All those means which impart serenity and calmness to the mind cannot be too strongly urged upon those who wish to preserve a sound mind in a sound body.

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OF DISEASES IN GENERAL.

Diseases are commonly divided into Acute and Chronic.

Acute Diseases, as compared with Chronic, are characterized by a greater urgency, as well as by a more rapid change and succession of symptoms.



They are usually attended with a greater degree of functional disturbance, and also of mental and physical prostration; moreover, they run their course in a comparatively short space of time, varying from a few hours or days to a month or five weeks. Acute maladies, for the most part, terminate in recovery or death. When improperly treated, they may, however, pass into the chronic state, or else leave chronic traces behind them. Measles, scarlet fever, quinsy, and dysentery may be instanced as acute disorders. In the intermediate state between an acute and chronic affection, the symptoms are said to be *sub-acute*.

In Chronic Diseases, the symptoms are less urgent, but more permanent, sometimes continuing for many months, or even years; and they are often very insidious. As compared with acute diseases, chronic maladies must generally be considered much less amenable to treatment, and if their progress is unchecked, sooner or later they will prove fatal; not unfrequently, however, they put on acute forms. Long-standing affections of the stomach and bowels, asthma, pulmonary consumption, and the various forms of scrofula, come under the head of chronic diseases.

*Only the slighter kinds of either form of disease ought to be made the subjects of domestic treatment; and even then, if, after the first indicated*

remedies have been given, a decided change for the better is not observed in a few hours, in *acute*, or in a corresponding lapse of time, varying from one to several weeks, in *chronic* cases, they must not be trifled with, inasmuch as the most serious illnesses occasionally set in with apparently mild symptoms.

In sudden cases of great urgency, when the patient resides at a distance from his medical attendant, it is right that his friends should know how to act during the unavoidable delay of competent advice; and, accordingly, several such cases have been contemplated in this work.

In the great majority of those cases which have not been thus especially indicated, the directions given under the head of "Sudden and Acute Inflammatory Complaints" will suffice until the arrival of the medical practitioner.

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#### OF HOMŒOPATHIC REMEDIES.

1. *Of Homœopathic Preparations.*—Under Homœopathic treatment, medicinal substances are seldom exhibited in their original form, but are almost invariably subjected to *material attenuation* by subdivision, whether by *trituration* (rubbing

to powder), or *dilution* and *succussion* (shaking in successive jerks), with a second substance (or vehicle, as it is termed) capable of transmitting their influences without impairing them, such as sugar of milk, in the case of a *solid* (if insoluble), or alcohol (spirits of wine), in that of a *fluid*, before they are used for remedial purposes. In this manner, 1 grain of Sulphur *trituated* with 99 grains of sugar of milk, or 1 drop of the mother tincture of Belladonna, diluted in 99 drops of alcohol, and powerfully *succussed* (shaken), constitute the *first attenuation* of Sulphur, and the *first dilution* of Belladonna. Again, 1 grain of the *first attenuation* of Sulphur, *trituated* with 99 fresh grains of sugar of milk, or 1 drop of the *first dilution* of Belladonna, diluted in 99 drops of pure alcohol, and duly shaken, in their turn form the *second attenuation*, or *dilution*, of these medicines; and so on for all the rest. It may be observed, that most of the metallic or other insoluble substances become *soluble* after the fourth attenuation.

2. *Of the Dilutions.*—The terms *high* and *low* dilutions are respectively applied to the degree of materiality of the medicinal preparation. Thus the *third* is a *low* or more material (*i. e.*, containing more particles of the original medicinal substance) dilution, compared with the *twelfth*, which would be termed a *middle* dilution; and the *eigh-*

*teenth* is a *high* or less material (*i. e.*, containing fewer atoms of the original medicinal substance) dilution, compared with either the *third* or the *twelfth*, but especially with the former.

It is a great error to suppose that the *low* exert a more powerful influence upon the organism than the *high* dilutions; for the reverse is generally the case, seeing that medicinal aggravations (of which a few words hereafter) more frequently occur after the exhibition of the latter than of the former. The action of the *low* dilutions is more immediate, but is sooner exhausted; whilst that of the *high* dilutions requires more time for its development, but is maintained for a much longer period.

Globules\* of sugar of milk (about the size of poppy-seeds) *saturated* (impregnated) with the *alcoholic* medicinal dilutions, are the best form in which Homœopathic remedies can be prepared for keeping, as they will retain their virtue for many years, if properly taken care of, whilst the *alcoholic* tinctures are apt to evaporate. For this reason, globules thus prepared are best adapted for *domestic boxes*, and the medicines

\* Globules of a larger size or *pilules*, as they are termed, *saturated* in the same manner, are used by some medical men instead of the ordinary globules. A single pilule is usually given as a dose.

have consequently been prescribed in that form throughout the present work.

The *lower* and *middle* dilutions have likewise been selected as best adapted for domestic purposes. In fact, a very great abuse of the high dilutions has been made by amateurs.

The low are indicated in the treatment of all acute affections; whilst the middle and higher dilutions are more efficacious in the sub-acute and more chronic forms of disease. The former are given at short, and the latter at long intervals.

The majority of professional men generally give the preference to the *alcoholic* tinctures, when they prescribe the *low* dilutions, in acute disorders, especially if they are severe; and to the *saturated* globules, when they administer the *middle* and *higher* dilutions, in more chronic cases. As there is, in truth, no valid objection to the occasional use of these tinctures, under like circumstances, in domestic practice, the usually prescribed number of drops of the corresponding *alcoholic* dilutions has been added throughout the second part of this work, between "parentheses," immediately after the number of globules of the remedies recommended in the treatment of the various acute cases therein described.

8. *Of the Administration of Remedies.*—With the exception of distilled water, pure *cold* spring

water, or else water which has been boiled or filtered, is the best vehicle for dissolving Homœopathic remedies, especially when they are prescribed in divided doses. Care should be taken that the vessel selected for this purpose is perfectly clean, and that the mixture is rendered intimate either by shaking or by stirring with a clean spoon. When an open vessel (a wine-glass or tumbler, for instance) is used, it should be covered with a saucer, to prevent evaporation. When two medicines are given by turns, care must be taken not to mix the spoons. It is likewise a good custom to label the medicines, so as to prevent mistakes.

Before dissolving a fresh medicine, the vessel, which has contained the former remedy, should be washed with scalding water, and afterwards rinsed with cold water. When a phial is used, this must be done very carefully, and the cork must not be forgotten.

Sugar of milk, or finely pounded white sugar, in which the globules may be crushed (whether they are prescribed to be taken dry, or else in solution), will prove an excellent receptacle for remedies not required for immediate administration, which would, otherwise, not unfrequently be lost, from their very minuteness, when confided to a careless person.

4. *Of Medicinal Aggravation.*—This kind of aggravation will sometimes occur after a well-selected remedy, more frequently after the exhibition of a high than a low dilution : it is seldom so great as to need antidotes, when no abuse of the medicine has been made. It is, moreover, generally speaking, a good rather than a bad sign : for it must be borne in mind that it is not an aggravation of the diseased state, but rather an extraordinary provocation of the vital efforts to throw off the morbid cause ; at least, such is the case when the right remedy has been given.

The aggravation may also be nothing more than a temporary overaction of the remedy, on some susceptible portion of the nervous system, in a very sensitive patient, which seldom requires to be interfered with.

Medicinal aggravation may be readily distinguished from that of the diseased state, provided their essential characteristics are borne in mind. Thus, the former makes its appearance suddenly, without any apparent cause, and often as suddenly disappears ; it generally occurs before any apparent amelioration has manifested itself, being, moreover, attended by marked intervals of relief, and is finally succeeded by permanent benefit, whereas the latter is gradual and continuous, and usually supervenes upon previous

amelioration. When medicinal aggravation occurs, it is better to suspend all manner of remedial treatment for a time than to give an antidote. Nevertheless, as remedial antidotes may sometimes be required in the case of extremely susceptible persons, they have been given in the Table of Medicines recommended.

It is worthy of remark that the degree of medicinal aggravation bears little proportion to the quantity of the medicine administered. In fact, so much is this the case, that, in actual practice, little or no difference is made in the dose of a Homœopathic remedy, whether prescribed for an infant or an adult.

5. *Of Remedial Antidotes.*—Camphor will be found to be the best antidote to the generality of the vegetable medicines ; when indicated, it may either be given by olfaction (smelling), or else a drop or two of spirits of camphor, dissolved in a wine-glassful of cold water, may be exhibited in one dose. When other remedies are selected, it is best to administer from 6 to 9 globules, of the lowest dilution, dissolved in half a wine-glassful of water, at one draught. Coffee may be sometimes given as an antidote to those unaccustomed to its use, with advantage. A few tea-spoonfuls of coffee, without milk or sugar, will suffice in such cases.



The exhibition of a Homœopathic antidote, in the manner above prescribed, does not practically interfere with any curative process which the aggravating remedy may have set up, but simply antagonizes its overaction upon the sensitive structures of the body. It is on this last account that medicines, which are classed as antidotes to each other, act so well, when otherwise indicated by the symptoms of the disorder, after, or in alternation with, each other.

If there is one piece of advice above another which the author would give a patient, it is, as much as possible, to avoid having recourse to antidotes, and in no case to fly from one antidote to another.

6. *Of the Medicines recommended.*—A few general ideas on the subject of their action may be useful, in so far as they bear upon domestic practice.

*Aconitum* acts, above all other known remedies, upon the *circulating system*. Its effects in acute inflammatory affections and fevers are truly wonderful.

*Arnica* acts upon the *absorbents*, and is consequently admirably calculated to promote the absorption of effused blood, and the reparation of tissues after mechanical injuries.

*Belladonna* exerts a very powerful action upon

the *brain and its membranes*, and is perhaps inferior to no other medicine in this respect. Its action upon the *glands* is also very remarkable: it is, in fact, to the glandular almost what Aconite is to the circulating system. The lining (*mucous*) membrane of the throat is peculiarly susceptible of its influence.

Opium is, from the peculiarity of its action, of the greatest importance in the treatment of certain lethargic states of the brain, and of those functional disorders which are caused by nervous torpor, whether of a general or local character.

Nux Vomica has a very marked action upon the *nervous system* generally, but *especially upon the spinal cord, and upon those nerves which are connected with the digestive organs*. It is one of the most valuable remedies prescribed in the treatment of derangements of the digestive functions, and is very generally indicated in cases of *inaction of the bowels, dependent upon want of nervous energy*.

Hyosciamus, as regards its action, holds, as it were, a middle place between Belladonna and Nux Vomica. It is a valuable remedy in the *spasmodic affections of young women*; more especially *those in which there is an hysterical element*.

Pulsatilla has many points of resemblance

to Nux Vom. in its action upon the nervous system and the digestive organs. Its action upon the *mucous membranes* is, however, much more marked. As a medicine it is very generally indicated in the treatment of similar affections of the stomach and bowels, where the tendency is rather to *relaxation* than to constipation.

Ignatia holds a middle place between Nux Vomica and Pulsatilla.

Bryonia acts upon the *muscles* generally, and *especially upon the fibrous tissues* of the joints; it is admirably adapted to the treatment of rheumatic cases, in which the sufferings are *aggravated by motion*. Its action upon the *mucous membranes of the lungs, and upon the muscles associated with the organs of respiration*, renders it of essential service in most kinds of cough and catarrh of the chest, especially at their commencement.

Rhus acts upon the same tissues as the preceding, but more especially upon the *tendinous structures and cartilages of the joints*; hence its value in cases of sprains and strains. It is chiefly indicated in rheumatism which is *relieved by motion*.

Mercurius is a most valuable medicine, from its remarkable action upon the *mucous membranes, the glands, and the liver*; and it is very

generally used in the treatment of disorders connected with the digestive organs and glandular system. Like Hepar Sulph., it acts upon the *skin*, and also favours the *suppurative process*, although in a less degree.

Hepar Sulph. is pre-eminent above other known remedies in its action upon the *exhalants* of the skin, and, consequently, is often given with a view to promoting perspiration, when indicated by nature. The property which it possesses of favouring suppuration is no less worthy of mention.

Lachesis has, over and above its extensive range of action as a constitutional remedy, a special action upon the heart and brain. It is, on this last account, of great service, not only in certain diseases of the heart and brain, but also in those embarrassed states of the general circulation, which are so often experienced by women at the "turn of life."

Arsenicum, Calcarea Carb., Carbo Animalis,\*

\* The preparation recommended by the Author is a slightly impure animal charcoal, which, from time to time, during the last two or three years, he has been proving upon the healthy subject. The provings, as far as they have gone (for they are not yet completed), confirm those of the ordinary Carbo Animalis, by Hahnemann and his disciples, in so remarkable a degree, that the

Graphites, Phosphoric Acid, Sepia, and Sulphur are all remarkable for the long duration of their action, and also for their deep and searching effects upon *almost every organ and tissue of the body*. On this latter account, they are usually classed among the *anti-psoric* (as Homœopathists designate them) remedies—remedies which are essentially necessary in the treatment of all constitutional affections of long standing. They differ from each other in the predilection which they individually manifest for certain organs or tissues. Thus Calc. Carb. has a more marked action upon the glandular system generally, and especially upon certain portions of it, than

author is now in the habit of prescribing both preparations indifferently, for all those cases in which the original Carbo Animalis is indicated. Certain additional groups of symptoms of a highly suggestive character, which were observed in the provings, led the Author to prescribe (and that with a very encouraging amount of success) his own preparation as the principal constitutional remedy in the treatment of convulsions (especially when alternated with spasmodic croup or laryngeal spasm), of neuralgia of the face, epilepsy, hysteria and its concomitants, and of those disorders which occur at the “critical period” of female life. In all probability, the ordinary Carbo Animalis possesses these supplementary symptomatic groups. This must not, however, be assumed as a fact until it shall have been confirmed by new provings.

Sulphur, which exerts a greater influence upon the skin.

Again, the sensations which attend their action differ. Thus the aggravation of Arsenicum is accompanied with burning sensations, whilst that of Sulphur is manifested by extreme itching. All these medicines should be very sparingly used by *amateurs*, as the aggravations consequent upon their abuse are not speedily remedied.

Other things being equal, the constitution of the patient must be taken into consideration in the choice of remedies, seeing that one remedy will often be better adapted for certain constitutions than another. The same may also be said with respect to the circumstance of age, sex, and the strength or weakness of the vital powers.

For instance, Nux Vomica is suited to persons of a bilious constitution, with a *dark sallow complexion*, and *hasty, irritable*, or *hypochondriacal disposition*; whilst Pulsatilla is more adapted to the cases of persons, and especially females, of a *mild, timid disposition*, easily induced to shed tears.

Chamomilla is peculiarly the medicine of *infancy*. It is also adapted to the female constitution.

China and Arsenicum are invaluable remedies for sustaining the vital powers under repeated losses of the fluids and solids of the body.

7. *Of the rules to be followed under Homœopathic treatment.*—These, when briefly summed up, will be found to consist in the following:—

1. The observance of a suitable diet. (For particulars of which see Homœopathic Dietary, page 43.)

2. General attention to regimen, as defined in this work. (See from page 52 to 65 inclusively.)

3. The rejection of every description of patent and ordinary domestic remedies, whether in the shape of aperients,\* emetics, narcotics, medicated fomentations, blisters, leeches, and the like, as well as of medicated tooth-powders, perfumery, and cosmetics; and the restriction, or suppression, of certain habits. (See remarks on Cleanliness in connection with these subjects, page 64.)

\* In cases, however, of obstinate constipation, when the patient is at a distance from medical advice, recourse may be had for relief to an enema (injection) of tepid water, to which a dessert-spoonful of olive oil or honey may be added, if necessary.

## PART II.

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### DIVISION I.

#### DISEASES OF INFANTS AND CHILDREN.\*

UNDER this head will be found a variety of diseases and ailments to which infants and children, as compared with adults,† are either exclusively liable, or nearly so.

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#### MILK SCAB, OR CRUST (*Impetigo larvalis*).

This skin affection is commonly observed in young children and infants at the breast: hence its name. Its duration is proportionate to the mildness or severity of its course.

*Symptoms.*—The eruption consists of numerous small *vesicles* (blisters), appearing in clusters upon a red ground, which are filled with a thin

\* See EXPLANATIONS.

† In those exceptional instances, in which some of these disorders may occur, the same treatment will be suitable to adults.



watery (*serous*) fluid. This fluid gradually oozes out and hardens into thin yellowish scabs. The eruption is usually diffused about the face, especially the cheeks, and is often attended with much itching and local irritation, as well as inflammatory redness and swelling of the surrounding surface.

*Treatment.*—Administer RHUS TOXICODENDRON, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part morning and evening; wait three days, and repeat RHUS TOX., 9 globules (or 1 or 2 drops), 3rd dilution, in the same way; then, three days after the last dose,

\* Some infants have so strong an aversion to swallowing cold water, that they can with difficulty be induced to take the medicine dissolved in that fluid. Other circumstances, besides the caprice of the patient, might render it inconvenient, or even impossible, at the time, to administer the remedy in solution. In such cases, 1 or 2 globules (or 1 *pilule*) of the prescribed remedy may be given dry upon the tongue, as a *practical equivalent* for each divided dose. Thus—instead of dissolving 9 globules of the medicine in 6 *tea* or *dessert-spoonfuls* of cold water, and giving a *tea* or *dessert-spoonful* for a dose, as directed in the above prescription—1 or 2 globules (or 1 *pilule*) of RHUS TOX., 3rd dilution, might be administered, dry upon the tongue, morning and night, for three days running; and, after an interval of three days from the taking of the last dose, repeated in the same manner.

exhibit SULPHUR, 3 globules, 18th dilution; and, lastly, in three days more, repeat the SULPHUR.

When febrile symptoms attend or precede the eruption, give ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part thrice a day, before commencing the above course, which ought to suffice in slight cases.

*Diet and Regimen.*—The affected parts should be washed with lukewarm water, for the purposes of cleanliness, and only very mild soap and water ought to be used for detaching the scabs. A little starch-powder may also be applied locally to allay the irritation. If the child is still at the breast, the mother, or nurse, should conform to a suitable diet, and attend to her general health.

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GUM OR TOOTH RASH. (*Lichen strophulus*.)

Children, and especially infants, are subject to this mild form of rash when cutting their first set of teeth.

*Symptoms.*—Numerous minute pimples, rarely exceeding the size of a millet seed, of a red (*Red Gum*), but occasionally of a whitish (*White Gum*) colour, which commonly break out about the face, especially the cheeks,

## 84 EXCORIATIONS OF THE SKIN, ETC.

shoulders, and fore-arms. Sometimes they are interspersed with red spots.

*Treatment.*—Administer SULPHUR, 6 globules, 18th dilution, in solution,\* a third part every night, until finished; and, if necessary, three or four days after the last dose, repeat this remedy in the same way.

Should any spots be present, begin with RHUS, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part morning and night; then wait two or three days, and exhibit the SULPHUR as above prescribed.

*Diet, etc.*—The child, if otherwise strong and healthy, should be regularly washed all over, or bathed, in cold or lukewarm water (according to the season of the year). It ought also to be kept from improper food.

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### EXCORIATIONS OF THE SKIN IN INFANTS AND YOUNG CHILDREN.

The fineness and the extreme delicacy of the infantile skin are in themselves strong *predisponents* to this inconvenience.

*Symptoms.*—Sore abrasions of the cuticle (scarf-skin) in various parts of the body and

\* See FOOT NOTE at page 82.

limbs; generally, however, confined to the upper and inner portions of the thighs.

*Exciting Causes.*—1st, mechanical friction; 2nd, the action of the different secretions and excretions, especially those of an acrid nature; and 3rd, a combination of both. The treatment will necessarily vary with these:

*Treatment.*—**Excoriations of the first kind (mechanical).** A solution of the **MOTHER TINCTURE** of **ARNICA** (1 part of tincture to 40 parts of cold water) may be applied to the affected parts, twice or thrice a-day, two or three days in succession, whilst **ARNICA**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* may also be exhibited internally, in doses of a sixth part, twice or thrice a-day, for the same space of time.

For **excoriations of the second kind (irritative)**, **MERCURIUS SOLUBILIS**, 9 globules (or 1 or 2 drops), 5th dilution, may be given, in solution, in doses of a sixth part, morning and night, and followed by **SULPHUR**, 3 globules, 18th dilution, four days after the last dose.

Attention to cleanliness, and the local application of a little starch-powder, will often be all that is necessary.

For **excoriations of the third kind (of a**

\* See FOOT NOTE at page 82.

**mixed character**), begin with **ARNICA**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part morning and night; then give **MERCURIUS SOL.**, 9 globules, (or 1 or 2 drops), 5th dilution, in solution, a sixth part morning and night; and, lastly, four days after the last dose of **MERC. SOL.**, administer **SULPHUR**, 3 globules, 18th dilution. If necessary, this treatment may be repeated once more.

The same local application as in the preceding case may be resorted to.

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#### MEASLES (*Morbilli*).

The mucous membranes of the eyes, nose, windpipe, and air (bronchial) tubes of the lungs, as well as the skin, are the structures chiefly affected in this disease.

*Symptoms.*—Profuse watering of the eyes, with intolerance of light, and swelling of the eyelids; frequent sneezing, running of the nose, dry cough and oppressed breathing; thirst, heat of skin, with drowsiness, general languor, and frequency of pulse, commonly precede, and sometimes continue during the eruptive stage. The eruption usually appears two or three days after the preliminary symptoms have been ob-

served. It comes out in the form of distinct red circular spots, first upon the forehead, and then, in most cases, all over the surface of the body: these spots afterwards unite into irregular patches of a crescentic shape, which impart a mottled appearance to the skin. The rash is of a dingy red colour, and, like that of scarlet fever, may be effaced for a moment by sudden pressure. In about five or six days from its first appearance, the eruption completely disappears from the body. The falling of the scarf-skin, or desquamation (as it is called), is very slight, so that it often eludes observation.

*Treatment.*—The medicines generally required in simple cases are, ACONITUM, PULSATILLA, or BRYONIA.

ACON., 9 globules (or 1 or 2 drops), 3rd dilution, may be given, in solution,\* a sixth part every four hours, at the outset; either by itself, when the febrile symptoms are the most prominent, or in alternation with PULS. or BRY., when either of these medicines is indicated, at any period of the disease, as long as the frequency and fulness of the pulse suggest its exhibition.

PULS., 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part every four hours,

\* See FOOT NOTE at page 82.

or thrice a-day, when the catarrhal symptoms (watering of the eyes, sensitiveness to the light, sneezing, running at the nose, etc.) of the head predominate.

BRY., 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part every four hours, when the catarrhal symptoms (cough, wheezing, oppressed breathing, tightness at the chest, etc.) of the chest are the most urgent.

As the case progresses favourably, the intervals of repetition of the remedies may, with advantage, be still further prolonged. In very mild cases, ACON., 3 globules, 3rd dilution, followed, the next night, by PULS., 3 globules, 12th dilution (the last remedy being repeated two nights afterwards), will frequently be all the treatment required.

Should, at any time, during the eruptive stage of the disorder, a sudden *retrocession* (going back) of the rash take place, whether in consequence of a chill or from any other cause, CUPRUM ACETICUM, 9 globules (or 1 or 2 drops), 5th dilution, ought to be administered—pending the arrival of competent advice, for the further conduct of a case, which has now become very serious—in doses of a sixth part every hour, until the eruption re-appears; after which

the previously indicated remedies may be resumed as before.

A few days after the eruption has completed its natural course, and the common remedies have been discontinued, SULPH., 3 globules, 18th dilution, will be of service.

*Diet and Regimen.*—Nature almost invariably dictates the requisite abstinence, and upon no account should her warning voice be disregarded.

Whilst the symptoms of fever continue, pure water, toast-and-water, light water-gruel, gum-arabic water, sweetened with a little sugar (2 oz. gum-arabic and from  $\frac{1}{2}$  to 1 oz. white loaf-sugar to 1 quart of hot water), or barley-water, may be allowed.

During convalescence, milk-and-water, cocoa, beef-tea, light arrowroot, small slices of toasted bread, etc., should precede the return to the ordinary mode of living.

In very mild cases, light arrowroot may be allowed from the commencement, when the appetite continues unimpaired.

The room, in which the patient remains, should be kept cool and well ventilated. If obliged to keep his bed, he should not be oppressed with too many bedclothes; at the same time, care must be taken that there is sufficient covering to prevent his catching cold.



*Preservative Treatment.*—The administration of ACON., 3 globules (or 1 drop dissolved in a dessert or table-spoonful of cold water), 3rd dilution, and PULS., 3 globules, 12th dilution, by turns, at intervals of two or three days, for the space of a fortnight, during the prevalence of Measles, may sometimes ward off an attack, or impart a more favourable character to the disease when it occurs.

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#### ROSE RASH (*Roscola*).

Compared with Measles and Scarlet Fever, Rose Rash is a mild disorder, affecting sometimes the whole surface of the body, sometimes only certain parts, as the trunk, the limbs, etc., and varying in duration from twenty-four hours to a week. The following are its principal varieties, viz., the Summer, the Autumnal, and the Infantile.

*Symptoms.*—The SUMMER ROSE RASH is the most severe. It occurs chiefly in summer, and is preceded by an eruptive fever, which generally lasts two or three days. *The larger size, and the more irregular forms and distribution of its patches, together with the absence of catarrhal symptoms, serve to distinguish it from Measles;*

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whilst its marked *roseate hue*, and the absence of the bright red tongue, will equally prevent its being confounded with Scarlet Fever. The eruption usually lasts three or four days, and then disappears, without any appreciable *desquamation* (scaling) of the skin.

The AUTUMNAL ROSE RASH consists of *distinct circular patches of a damask hue*, which appear for the most part on the arms of children, and disappear in about a week. The eruptive fever is slighter than in the preceding variety.

The INFANTILE ROSE RASH, which is the mildest variety, is a much closer rash (*i. e.*, having much narrower interspaces of healthy skin between the eruptive patches) than the Summer Rose Rash, which it somewhat resembles. It often occurs in infants whose digestion is rendered irritable by teething, and is very irregular in its duration; sometimes lasting but one day, and sometimes appearing and disappearing for several successive days.

*Treatment.*—During the eruptive fever, give ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part every four, six, or eight hours during the eruptive fever; then, as soon as the rash makes its appearance, BELLADONNA, 9 globules (or 1 or 2 drops), 3rd

\* See FOOT NOTE at page 82.

dilution, in solution, a sixth part every six or eight hours, or twice a-day; and, lastly, two or three days after the rash has subsided, exhibit SULPHUR, 3 globules, 18th dilution.

In very slight cases, SULPHUR, 3 globules, 18th dilution, will suffice.

*Diet and Regimen.*—In the severer forms, the same as in Measles. (See MEASLES.)

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#### SCARLET FEVER (*Scarlatina*).

The skin, the mucous membrane of the tongue and throat, and the tonsils, are the structures involved in this disease.

*Symptoms.*—The preliminary fever is slight and of short duration in mild cases; the eruption usually coming out on the second day, in the form of numberless red points, which are first visible about the neck, face, and chest, and which gradually become diffused all over the body in irregular patches. The rash soon acquires its characteristic *bright scarlet* colour, which may be effaced for a few seconds by sudden pressure with the finger. It is almost invariably associated with sore-throat, more or less inflammation of the tonsils, and a bright red tongue, on the surface

and at the sides of which red points may be seen shooting through the white fur. In ordinary cases, the eruption is at its height on the fourth day; it begins to decline on the fifth, and on the eighth has altogether disappeared. The falling of the scarf-skin commences, about the fifth or sixth day, in the parts where the eruption was first noticed, and is much greater than in Measles.

*Treatment.*—**BELLADONNA**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* may be given, a sixth part every four hours, or thrice a-day, throughout the course of the disease, in ordinary mild cases. These intervals may be gradually prolonged, as the symptoms become more and more favourable. In very mild cases, **BELL.**, 3 globules, 12th dilution, only, repeated two or three nights in succession, will suffice.

**ACON.**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may always be given, in doses of one-sixth part, in alternation with **BELL.**, when indicated by the frequency and fulness of the pulse, thirst, heat of skin, and other febrile symptoms.

Should, at any time during the eruptive stage of the disorder, a sudden *retrocession* (going back) of the rash take place, whether in conse-

\* See FOOT NOTE at page 82.

quence of a chill, or from any other cause, CUPRUM ACETICUM, 9 globules (or 1 or 2 drops), 5th dilution, ought to be administered—pending the arrival of competent advice, for the further conduct of a case which has now become very serious—in doses of a sixth part every hour, until the eruption re-appears ; after which, the previously indicated remedies may be resumed as before.

When convalescence has taken place, SULPH., 9 globules, 18th dilution, may be exhibited with great advantage, three or four days after the last dose of BELL.

*Diet and Regimen.*—The same as in Measles. (See MEASLES.)

*Preventive Treatment.*—During the prevalence of Scarlet Fever, BELL., 9 globules (or 1 or 2 drops), 3rd dilution, in solution, administered, in doses of a sixth part night and morning, for three days, running and repeated, in the same manner, from time to time, with three days' interval between each successive repetition, will generally act as a preservative ; and, at any rate, will greatly modify its character for the better, in the event of an attack.

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MILIARY FEVER—PURPLE RASH (*Febris Miliaris*—*Purpura Rubra*).

The epidemic Miliary Fever is comparatively a rare disorder in this country; it is much more prevalent in Germany, where it is considered as formidable as Scarlet Fever. In some epidemics, Scarlet Fever has been known to co-exist with Purple Rash.

*Symptoms.*—Sensations of cold all over, shivering, depression of spirits; fever, with quick, and sometimes intermitting, pulse; occasionally, perspiration of a sour and offensive smell, painful tightness and oppression at the chest, accompanied with deep, sighing inspirations; headache, and more or less disorder of the digestive organs, *precede the appearance of the eruption*, and (what is a *distinctive characteristic* of Purple Rash, when compared with Scarlet Fever, with which it is liable to be confounded) *usually persist until the last eruptive phase has been completed*. The above symptoms may continue three, four, or even eight days before the rash begins to show itself. It comes out in a very irregular manner, both as regards the succession and distribution of the eruptive patches, on the body and limbs; and, generally, to a less

extent, on the face. The eruptive patches consist of *innumerable minute vesicles* (little bladders), *of the size of a millet-seed, or even smaller; the surface of the skin, upon which they are crowded, being of a dark red colour.* The *miliary vesicles* are, at first, sometimes so transparent, that the fluid which they contain appears scattered on the surface like so many tiny dew-drops. At a more advanced stage, the fluid thickens into small scabs, which finally fall off; or else the fluid becomes absorbed, and the scarf-skin peels off, often to a considerable extent. Fresh eruptions, which run pretty much the same course—sometimes even occupying the same site as those which preceded them—follow at irregular intervals; and thus, by their succession, the eruptive fever may be prolonged for a further period of ten days or a fortnight from the first appearance of the rash.

*Treatment.*—The principal remedy is ACONITUM.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* may be given from the very first, and continued until the termination of the disorder, in doses of a sixth part every two, four, six, eight, or ten hours, according to the urgency of the fever.

\* See FOOT NOTE at page 82.

ARSENICUM ALBUM, 9 globules (or 1 or 2 drops), 3rd dilution, may occasionally be given, in alternation with ACONITUM, in doses of a sixth part, when the oppression and tightness of the chest are distressing, whether before or after the rash has made its appearance.

BELLADONNA, 9 globules (or 1 or 2 drops), 3rd dilution, should be administered, in alternation with ACONITUM, in doses of a sixth part every four, six, or eight hours, when Scarlet Fever co-exists with the Purple Rash.

*Diet and Regimen.*—The same as in Measles. (See MEASLES.)

*Preventive Treatment.*—During the prevalence of Purple Rash, ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, administered in doses of a sixth part, morning and night, for three days running, and repeated in the same manner from time to time, with three days' interval between each successive repetition, will often act as a preservative.

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#### CHICKEN POX (*Varicella*).

This eruptive disease occurs chiefly in children. It may be distinguished from Small Pox (to



which it bears some resemblance), by the more pointed form of its *pustules*; by the absence of the smell peculiar to the latter disorder; and, lastly, by the shortness and mildness of its course: moreover, it is never preceded by those pains in the back and loins which characterize the latent period of Small Pox.

*Preliminary Symptoms.*—The eruption is commonly preceded, for a day or two, by more or less general indisposition and languor, heat of skin, flushing of the face, fever, and loss of appetite. Sometimes the throat is inflamed and sore; or there may be pain at the pit of the stomach, with sickness and vomiting.

*Symptoms.*—The eruption comes out (first about the body, afterwards about the arms, face, and lower limbs) in small, red, irregularly-rounded elevations, in the centre of which transparent *vesicles* (blisters) of a pointed form speedily appear. These *vesicles*, or *pustules* (as they are sometimes called), gradually increase in size; and, by the second or third day, the transparent fluid, which they originally contained, assumes a straw-coloured hue, and becomes thicker. On the fourth day, many of the *vesicles* are broken, whilst the rest are shrivelled; on the fifth, few remain entire; and, on the sixth, small, thin, brown scabs are observed all over, in their

place, which fall off from the eighth to the tenth day, leaving small red spots, which gradually disappear.

*Treatment.*—During the *preliminary stage*, give ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part every four hours, or thrice a-day, when there is fever. Substitute BRYONIA, 9 globules (or 1 or 2 drops), 3rd dilution, and administer this remedy similarly dissolved, and at like intervals, if pain is complained of at the pit of the stomach, with sickness and vomiting; or else BELLADONNA, 9 globules (or 1 or 2 drops), 3rd dilution, in the same way, when *sore-throat*, headache, and flushing of the face are the predominant symptoms. Should ACONITUM continue to be indicated, exhibit it, in alternation with any other appropriate medicine, at any stage of the disorder.

During the *eruptive stage*, administer BELLADONNA, 9 globules (or 1 or 2 drops), 3rd dilution, a sixth part thrice a-day, until the *vesicles* (blisters) are filled with matter, when MERCURIUS SOL., 9 globules (or 1 or 2 drops), 5th dilution, similarly dissolved, and at like intervals, will be more suitable; lastly, when the *scabs* begin to fall off, give SULPHUR, 3 globules,

\* See FOOT NOTE at page 82.

18th dilution, twice, at an interval of two or three days.

*Diet and Regimen.*—A light farinaceous and milk diet may generally be allowed; and, in some cases, a little beef-tea, or weak broth, may also be added. Animal food should not, however, be resumed until the eruption has gone through its course. All exposure to cold should be carefully avoided, more especially when the patient does not keep his bed.

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#### COW POX (*Vaccinia*).

Cow Pox is a contagious eruptive disorder, originally developed in the udder of the cow, which, when communicated to man, will, in most cases, act as a complete and permanent *Homœopathic* preservative against the poison of Small Pox.

VACCINATION,\* as the artificial method of giving Cow Pox is commonly called, can hardly be availed of at too early an age. Nevertheless as a general rule, infants under six or eight weeks

\* When practicable, vaccination should, for obvious reasons, be performed under competent direction.

of age should only be vaccinated in cases of urgent necessity,

In vaccinating, the following circumstances must be carefully attended to.

*First.*—The *vaccine* matter\* (*i. e.*, the fluid contained in the true Cow Pox vesicles) used for this purpose should be taken from the arm of a perfectly healthy child† (one that is free from any hereditary or acquired constitutional taint, such as scrofula, or other kindred diseases, would betoken) between the seventh and ninth day, before it has lost its perfect transparency.

*Secondly.*—After the point of the lancet, or of any other sharp instrument, has been duly *charged* with the matter, two or three punctures or scratches, which should be as superficial as possible, consistently with the due inoculation of the blood, may be made on the outside of the upper third of each arm.

\* If not immediately required, the *vaccine lymph* (matter) should be dried gradually and thoroughly, before it is laid by for future use. It may then be placed between two small squares of glass and kept in a cool and dry place. In this state, the *vaccine* matter will regain sufficient moisture for convenient use, by being held, for a few seconds, over the vapour of moderately warm water.

† From a neglect of this precaution most serious, and even fatal, diseases have been communicated to previously healthy children.

*Thirdly.*—The patient should not be allowed to rub the inoculated parts.

*Symptoms.*—The following are the evidences of successful vaccination.

About the third day after the insertion of the *vaccine* matter, the skin of the inoculated part becomes red and slightly raised. These symptoms continue to increase until the fifth or sixth day, when the scarf-skin becomes elevated into a pearl-coloured *vesicle* (blister), which derives its appearance from the secretion of a thin transparent fluid similar to that of the original matter. The *vesicle* is round or oval; according as punctures or longitudinal scratches have been preferred in vaccinating. From its first appearance, its upper surface is uneven, and slightly dimpled; the margin being more elevated than the centre, and slightly projecting beyond the sound skin. This character the *vesicle* preserves until the end of the eighth day. On the ninth, the surface is observed to be even, whilst the surrounding skin has become hard, red, and diffusely swollen. This circle of redness and hardness in the skin, or “areola” (as it is *technically* called), continues until the end of the tenth, or beginning of the eleventh day. By this time, the fluid of the *vesicle* has become opaque and thick, like purulent matter, imparting a

yellow tint to its centre, and depriving it of its pearly distended aspect. On the eleventh and twelfth days, as the marginal redness fades, the surface of the *vesicle* becomes brown in the centre; the scarf-skin begins to separate; and the contained matter gradually thickens into a hard round scab of a brownish colour. The scab afterwards becomes black, shrivelled, and dry; and finally drops off, about the twentieth day after vaccination.

A characteristic peculiarity of the true *vaccine vesicle* consists in its internal division into a number of small cells, which communicate with each other, and in which the matter is contained; so that, after the scab has fallen off, the scar, which is permanent and uniform, may always be distinguished by its minute pits or depressions, corresponding to the number of these cells.

*Treatment.*—On the third day after vaccination, SULPHUR, 1 or 2 globules, 18th dilution, may be given for three successive nights.

*Diet and Regimen.*—No change will usually be required in the patient's ordinary diet and habits.

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SMALL POX (*Variola*).

There are two varieties of this disorder, based upon the quantity of the eruption—the Distinct and the Confluent. In the former, the pustules are distinct and continue so; whereas, in the latter, they run into each other and become continuous, sometimes disfiguring the patient for life.

Happily, the character of Small Pox, when it occurs in a person who has been previously vaccinated, is sometimes so modified for the better, that it can scarcely be distinguished from Chicken Pox.

*Preliminary Symptoms.*—The eruptive fever usually commences with a sense of cold, followed by distinct shivering; and is attended with more or less languor, drowsiness, headache, and oppression at the chest, sickness at the stomach, and vomiting. Infants and children are generally restless and peevish at this period: sometimes they are attacked with slight stupor, grinding of the teeth, and even convulsions. Adults complain of *bruising pain* all over, but *especially in the back and loins* (which is almost characteristic), with more or less tenderness at the pit of the stomach.

*Symptoms.*—The eruption generally appears towards the end of the third day from the commencement of the preliminary symptoms. It comes out (first, on the forehead and face; then on the neck, chest, and upper limbs; and, lastly, on the body and lower limbs) in the form of elevated red spots, not unlike small hard pimples, which, as they increase in size, impart a peculiar sensation to the touch, as if shot were lodged beneath the skin, and is usually completed in two or three days, by which time the eruptive fever shows marked signs of abatement. A small *vesicle* (blister), containing a thin transparent fluid, and having a depression (like a dimple) in the centre, is next observed on the summit of each *papule* (pimple); the surrounding skin is red and inflamed. About the sixth day, the *vesicles* lose their central depression, as well as their transparency, and become round and opaque. *Suppuration has now occurred*, and the *vesicles* have become converted into *pustules*, containing yellowish matter: those which first appeared burst, and emit the peculiar fetor (disgusting smell) of Small Pox. On the eighth day from the eruption, *scabbing* commences; and in about ten days more, the crust falls off.

In the confluent variety, the symptoms are more serious, and do not observe the same regu-



larity in their course as in the distinct form. Extreme swelling of the eyelids and of the face (which renders the patient a hideous object), profuse salivation, and severe inflammation of the throat, which sometimes extends to the lungs, are of common occurrence, when the *pustules* are confluent: moreover, there is usually a secondary fever attendant upon the *suppurative stage*.

*Treatment*.—In slight cases, ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, and BRYONIA, 9 globules (or 1 or 2 drops), 3rd dilution, may be administered, in solution,\* alternately, in doses of a sixth part, every four hours; during the *preliminary stage*. BELLADONNA, 9 globules (or 1 or 2 drops), 3rd dilution, should, however, be substituted for BRYONIA, when the head symptoms are the most prominent, more particularly in the case of children.

During the *eruptive stage*, BELLADONNA, 9 globules (or 1 or 2 drops), 3rd dilution, may be given in solution, a sixth part every four hours. As soon as the *stage of suppuration* commences, MERCURIUS SOLUBILIS, 9 globules (or 1 or 2 drops), 5th dilution, should be exhibited, in solution, a sixth part every four hours, or thrice a-day, and continued until its completion.

\* See FOOT NOTE at page 82.

Lastly, when *scabbing* takes place, SULPHUR, 3 globules, 18th dilution, may be given for three successive nights.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, may be administered, in doses of a sixth part, alternately with any of the indicated medicines, throughout the course of the disorder, whenever the symptoms are inflammatory.

In more serious cases, the above treatment may also be had recourse to before professional assistance can be obtained; but it may be necessary to exhibit the remedies at intervals of two or three hours.

*Diet and Regimen.*—If not laid up, the patient should be kept cool, and freely exposed to the fresh air. When obliged to keep his bed, he should be covered with as few clothes as possible. In all those cases where there are any *pustules* about the face (more especially in the *confluent* variety), the daylight should be excluded as much as possible, consistently with the free ventilation of the patient's room; and the eruptive patches should, from time to time, be smeared over with olive oil, or with some other harmless unctuous substance, with a view to the prevention of permanent scars. In other respects, the instructions given under this head

in the treatment of Measles will suffice. (*See MEASLES.*)

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INFLAMMATION (SUB-ACUTE) OF THE EYES AND  
EYELIDS IN INFANTS AND CHILDREN.

An affection to which the children of unhealthy parents are frequently subject, especially during infancy.

*Symptoms.*—Agglutination (sticking together) of the eyelids in the morning on awaking, with copious, thick, gummy discharge from the eyes, which is induced by the slightest cold; sometimes there is redness of the whites of the eyes, with frequent flow of tears.

*Treatment.*—In slight cases, begin with PULSATILLA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part thrice a-day; after which give HEP. SULPH., 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part morning and night; and, lastly, administer successively, three or four days after the last dose, PULS., 3 globules, 12th dilution, MERC. SOL., 3 globules, 12th dilution, and SULPH., 3

\* See FOOT NOTE at page 82.

globules, 18th dilution, at intervals of four days or a week between each medicine.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may be alternated, in doses of a sixth part, with any of the preceding remedies, at the outset of the complaint, if indicated by fever.

In very slight cases, the medicines in solution may be omitted.

Slightly tepid water is the only lotion required.

*Diet.*—The quantity of food will depend upon the acuteness or chronicity of the symptoms. A light diet will be advantageous for a few days, in any case.

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#### TEETHING.

*Symptoms.*—The child is *very peevish, irritable, and passionate, during this period, especially when cutting a new tooth*; its nights are restless, and its cries incessant; nothing seems to please it. The gums are hot, red, and swollen, and there is a constant overflowing of the saliva, and slobbering; at times, relaxation of the bowels occurs, with *green, frothy, and slimy stools*, and occasional febrile symptoms.

*Treatment.*—Begin with CHAMOMILLA, 9 glo-

bules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part thrice a-day, followed by CHAM., 3 globules, 12th dilution, two nights after the last dose; and, lastly, in four days more, CALCAREA CARB., 3 globules, 18th dilution, or else MERC., 3 globules, 12th dilution, if the gums are still red and inflamed.

In very mild cases, CHAM., 3 globules, 12th dilution, alone will suffice, with strict attention to diet and regimen.

Should the child be feverish, ACON., 9 globules (or 1 or 2 drops), 3rd dilution, in solution, in doses of a sixth part, may occasionally be substituted for, or else alternated with, the CHAMOMILLA solution.

In the event of a sudden attack of convulsions, with a determination of blood to the head, or else of inflammation of the brain, BELLADONNA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, should be given in doses of a sixth part, every hour or every two, three, or four hours, according to the urgency of the case, until competent medical advice can be procured. ACON., 9 globules (or 1 or 2 drops), 3rd dilution, in solution, might be alternated in similar doses, and at the same intervals, if indicated by fullness of the pulse, and very marked symptoms of

\* See FOOT NOTE at page 82

general excitement of the circulation. (*See also* CONVULSIONS AND FITS OF CHILDREN.)

*Diet and Regimen.*—Strict attention should be paid to diet; and the child should be regularly exposed to the beneficial influence of the fresh air, whenever the weather permits.

Lancing the gums often proves injurious to the proper development of the teeth, and should never be resorted to without the sanction of the family medical attendant.

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## THE THRUSH.

An affection of the mouth, to which young and delicate infants are subject.

*Symptoms.*—Small white ulcerations and excrescences, situated at the tip and edges of the tongue, and in the interior of the mouth; they are generally attended with a greater or less degree of disorder in the digestive functions.

*Treatment.*—In slight cases, begin with MERC. SOL., 9 globules (or 1 or 2 drops), 5th dilution, in solution,\* a sixth part thrice a-day; then, two or three days after the last dose, give MERC. SOL., 3 globules, 12th dilution; and,

\* See FOOT NOTE at page 82.

lastly, in three or four days more, SULPH., 3 globules, 18th dilution; or else, in the case of weakly infants, ARSENICUM, 3 globules, 18th dilution.

In very slight cases, the medicine in solution may be omitted.

ACON., 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may be given occasionally, in doses of a sixth part, if there are symptoms of fever.

The mouth should be well washed, and general cleanliness attended to.

*Diet and Regimen.*—The diet should be light, and every irritating aliment should be avoided. Regular exposure to pure fresh air will be attended with benefit.

In more serious cases, a variety of remedies which are not generally suited for domestic use, will be required.

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#### DRIBBLING OF THE SALIVA (SPITTLE).

The profuse secretion of saliva is of frequent occurrence in infants and children, especially during the period of dentition.

*Symptoms.*—Constant flow of saliva from the

mouth, which seems independent of the will. The child manifests a strong desire to slobber everything which it lays hold of. These symptoms often occur without any other appreciable ailment than the irritation occasioned by teething, or some slight derangement of the digestive functions.

*Treatment.*—Give CHAM., 3 globules, 12th dilution, and MERC. SOL., 3 globules, 12th dilution, alternately, every three or four days; and continue to administer them in this manner for the space of twelve days, or a fortnight, if necessary.

*Diet and Regimen.*—Attention should be paid to diet and regimen. (See TEETHING.)

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#### PAIN IN THE STOMACH AND ABDOMEN, BELLY-ACHE, COLIC-PAINS, WINDY COLIC, ETC.

These ailments generally depend upon causes connected with diet or atmospheric exposure. Children are more subject to them than adults.

*Symptoms.*—Children very frequently complain of what they call pain in the stomach (meaning belly-ache), especially after meals, which is occasionally relieved, for a short time, by pressure



or friction over the part affected. Uneasiness and weight in the bowels, flatulence, and constipation, or relaxation, are sometimes associated with it.

*Treatment.*—When the bowels are confined; give NUX VOM., 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part thrice a-day; then, in a day or two after the last dose, administer NUX VOM., 3 globules, 12th dilution; and, lastly, in four days more, CALC. CARB., 3 globules, 18th dilution.

When, however, the tendency is rather to looseness, or there is a great accumulation of wind in the bowels—more especially if the attack has been brought on by rich, unwholesome, or fat food—PULS., 9 globules (or 1 or 2 drops), 3rd dilution, and PULS., 3 globules, 12th dilution, may be substituted for the NUX VOM., 9 globules (or 1 or 2 drops), 3rd dilution, and the NUX VOM., 3 globules, 12th dilution, and exhibited in a similar manner before the CALC. CARB.

CHAM., 9 globules (or 1 or 2 drops), 3rd dilution, and CHAM., 3 globules, 12th dilution, administered in like manner, will be preferable to either NUX VOM. or PULS., when exposure to cold has been the exciting cause, and when the bowels are more decidedly relaxed.

\* See FOOT NOTE at page 82.

## INFANTILE DIARRHŒA, OR PURGING. 115

ACON., 9 globules (or 1 or 2 drops), 3rd dilution; in solution, may be given; in occasional doses of a sixth part; in the event of febrile symptoms.

*Diet and Regimen.*—The diet should be light. Green vegetables, and other flatulent food, should be avoided for some days. The abdomen (belly) should be kept warm by a sufficiency of clothing.

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## INFANTILE DIARRHŒA, OR PURGING.

A disorder of frequent occurrence in infants and children, shortly after birth, and during the period of dentition.

*Symptoms.*—Frequent *loose, frothy, and slimy* stools, generally of a *green* colour, accompanied with griping in the bowels, and drawing up of the legs against the abdomen or belly. Sometimes there is a dark hue under the eyes, with pale complexion, and with *inflammatory* redness of the *gums*; no desire for food; restlessness at night; constant crying; *violence of temper*, and *extreme peevishness* and irritability.

*Treatment.*—Begin with CHAM., 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part every four hours, or thrice a-day,

\* See FOOT NOTE at page 82.

until finished ; then wait a day or two, and give CHAM., 3 globules, 12th dilution, followed by SULPH., 3 globules, 18th dilution, four days afterwards.

In very slight cases, CHAM., 3 globules, 12th dilution, may be given at once; and, in four or five days more, SULPH., 3 globules, 18th dilution.

ACON., 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may always be alternated, or given occasionally, in doses of a sixth part, when symptoms of fever indicate the administration of this remedy.

*Diet and Regimen.*—Sago, arrowroot, and light farinaceous elements may be allowed children, but no animal food. Fruit is also objectionable. Severe exposure to atmospheric influences should be avoided.

#### INFANTILE REMITTENT FEVER.

This disorder is usually dependent upon an obscure *sub-acute* inflammation (slow inflammatory irritation) of the *mucous* membranes of the stomach and bowels, to which the children of delicate parents are subject ; more especially during the period of teething.

*Symptoms.*—These consist of a succession of

*irregular febrile attacks*, somewhat resembling those of the obscure forms of Remittent Ague (*See AGUE*), and, like them, characterized by the same deceptive *remissions*.

During the *remissions*, the little patient seems, to an inexperienced eye, to have regained its usual health; in a few days, however, or even in a week or more, it may be, the feverish state of the skin, the heats and chills, and the quickness of the pulse at certain periods of the day, as well as the thirst, loss or capriciousness of the appetite, increase of the general languor, and irritability of temper, announce the return of the *attack*, which, like the *remission*, is of uncertain duration.

The *general symptoms* which attend upon Infantile Remittent Fever are sometimes very obscure, especially at the outset of the disorder; they are usually more marked during the *attacks* than during the *remissions*. They consist of more or less tenderness and swelling of the stomach and abdomen (belly), irregularity in the action of the bowels, with an unhealthy state of the secretions, redness of the tip of the tongue, an offensive or sour taint of the breath, a pale, sickly hue of the countenance, and dark circles under the eyes. In some cases, the muddiness of the complexion and puffiness of

the face, together with the itching in the nostrils and in the lower bowel, indicate either the presence of thread worms, or else a state of constitutional predisposition to them. (*See Worms.*)

*Treatment.*—In slight cases, and which are of recent origin, begin with CHINA OFFIC., 3 globules; 12th dilution, and repeat this medicine in two or three days; then give MERC. SOL., 3 globules; 12th dilution, three or four days after the second dose of CHINA; and, lastly, give CALC. CARB., 3 globules; 18th dilution; in four or five days more.

In those cases where either the presence of thread worms has been detected; or that group of symptoms which indicates a constitutional tendency to them has been observed, the treatment prescribed under the head of WORMS will be preferable.

Should the indicated course of treatment not be attended with immediate benefit, professional advice ought to be had recourse to *without delay*, as this disorder is, on account of its insidious character, all the more dangerous when trifled with.

*Diet and Regimen.*—A light farinaceous and milk diet; to which good beef-tea may be added; in the case of children of two or three years old;

is to be preferred to a more nutritious and stimulating diet. Vegetables should be very sparingly given, and those only of the most wholesome and digestible kinds, thoroughly well cooked. When the weather permits, the child should enjoy the benefit of the fresh air.

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## WORMS.

The presence of small Thread Worms in the internal lining membrane of the lower bowels is generally associated with a disordered state of the digestive organs. Children are remarkably subject to them.

*Symptoms.*—*Picking of the nose*, induced by the irritation and itching of its lining mucous membrane; *puffiness of the face*, with muddiness of the complexion; craving appetite, with gnawing sensation at the pit of the stomach; abdomen hard, tense, and swollen; unhealthy evacuations from the bowels, in which numerous *small white worms*, resembling bits of thread, are occasionally detected; a *constant itching in the lower bowel* is complained of; restless nights are passed, and the child not unfrequently grinds its teeth during sleep.

*Treatment.*—In slight cases, and which are of

recent origin, begin with CINA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part morning and night, until finished; then, after an interval of one or two days, give MERC. SOL., 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part morning and night; lastly, administer MERC. SOL., 3 globules, 12th dilution, three or four days after the last dose of the MERC. SOL., in solution, followed by SULPHUR, 3 globules, 18th dilution; or, CALC. CARB., 3 globules, 18th dilution, in four or five days more.

CALC. CARB. will be preferable when the appetite is craving or voracious, or else when the glands are enlarged.

*Diet and Regimen.*—Vegetables and fruit should be given sparingly, and those only of the most digestible and wholesome kinds, such as mealy potatoes, French plums, etc., after being properly cooked. Fresh air and regular exercise are indispensable.

Should this course of treatment not prove sufficient, competent advice should be had recourse to.

\* See FOOT NOTE at page 82.

THE WHITES (*Leucorrhœa*).

Little girls are sometimes subject to a *mucous* discharge somewhat resembling that of women, although it is usually much less in degree. It may result from neglect of personal cleanliness, or else from purely constitutional causes.

*Treatment.*—MERC. SOL., 3 globules, 12th dilution, administered for three nights running and repeated once more, for three nights running, after an interval of a week, will suffice for slight cases.

*Diet and Regimen.*—No change need be made in the diet, if the child is otherwise healthy. Attention to local cleanliness is the chief thing to be observed: the parts should be washed two or three times a-day, with luke-warm water.

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CROUP.

This is a peculiar inflammation of the mucous lining of the windpipe and of its branches, producing a thick, white, membranous, and viscid (glue-like) secretion throughout its course, by which suffocation is caused in fatal cases.

Of all the acute infantile diseases, Croup is



one of the most dangerous, and most rapidly fatal; it should never, therefore, form the subject of domestic treatment. Nevertheless, as much valuable time might be lost before the arrival of competent medical advice, it is right that heads of families should know how to act during the unavoidable delay.

*Symptoms.*—First or Inflammatory Stage: A sense of uneasiness in the throat, and tightness about the chest, with laborious respiration, sometimes attended with slight *catarrhal* (belonging to a cold) symptoms, generally usher in the attack. The first intimation, however, is often given by a peculiar ringing and single cough, having somewhat of a metallic clanging in its tone, which occurs soon after the child has gone to bed, and during sleep. This cough is repeated several times, when, at length, the child awakes; the cough is now succeeded by a crowing noise; the voice becomes stridulous (squeaking) and acute, or hoarse; the breathing more rapid; the eyes watery and bloodshot; the skin hot and dry, and the pulse quick and hard. If unchecked, the

Second or Spasmodic Stage supervenes: The cough becomes husky and suffocating, accompanied with lividity of the face and lips; eyes staring and prominent; tongue covered with an

opaque viscid coating ; voice weak and whispering, with slow, harsh, grating (somewhat resembling the sound of a saw), and wheezing respiration ; fruitless efforts are made to expectorate, with very little secretion of mucus ; pulse variable, sometimes maintaining its strength and rapidity, or else becoming weak and so quick as scarcely to be counted.

**Third, or Secretive Stage:** The cough has now become moister and easier, and the difficulty of breathing arises chiefly from an accumulation of the mucous secretions in the *trachea* (windpipe) and air-tubes of the lungs, as proved by the abundant rattling in the chest when the patient coughs and breathes ; the excitement of the circulating and nervous systems, and the urgency of the symptoms of the previous stages, except in the most serious or fatal cases, generally subside. Membranous shreds are sometimes coughed up in this stage, and immediate relief succeeds.

*Treatment during the First Stage.*—Lose no time, and give ACONITUM, 12 globules (or 1, 2, or 8 drops), 3rd dilution, in solution,\* a sixth part every half hour, or hour, or else every two or three hours, according to the urgency of the case.

\* See FOOT NOTE at page 82.

*Second Stage.*—SPONGIA, 12 globules (or 1, 2, or 3 drops), 5th dilution, in solution, a sixth part every hour, or else every two, three, or four hours; either by itself, or in alternation with ACON. in similar doses, if indicated by the persistence of the fulness and rapidity of the pulse, and other inflammatory symptoms.

*Third Stage.*—HEP. SULPH., 12 globules (or 1, 2, or 3 drops), 5th dilution, in solution, a sixth part every two, three, or four hours; either by itself, or in alternation with ACON., if indicated as above.\*

*Diet and Regimen.*—Pure water, or very weak toast-and-water, whilst the symptoms continue active, are the only safe aliments. Care should be taken that the extremities are kept warm, and

\* These divisions are rather arbitrary; but as they serve to give precise indications for the remedies employed, I have purposely given them.

It sometimes happens, that the symptoms of one stage so run into those of another as to admit of no classification; nevertheless, there will generally be either a predominance of the symptoms belonging to one stage over those of another, or else an equality. In the former case, the remedy which is chiefly indicated will be given; in the latter, both remedies may be administered alternately.

It must also be remembered that the second stage may take place without the first having been observed; in which case, the treatment will vary accordingly.

that the throat and neck are free from tightness of any kind.

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SPASMODIC CROUP, OR CROWING DISEASE.

Spasmodic Croup, which is peculiar to infancy and early childhood, consists in the sudden spasmodic closure of the upper part of the windpipe, by which the act of respiration is distressingly impeded, if not altogether prevented. As this disorder is extremely dangerous, no time should be lost in applying for competent advice.

The attack (especially the first) usually occurs when the infant is asleep; or else, when it takes place during the day, it is chiefly after exercise, after being tossed about or being thwarted, but often without any apparent exciting cause. In serious cases, several fits may take place during the day; the first rarely proving fatal. The duration of the attack varies from a few minutes to ten or twelve minutes.

*Symptoms.*—The child starts suddenly, throws its head back, and gasps for breath; the face

becoming flushed, swollen, and livid, the eyes glaring, and the countenance assuming an expression of extreme anxiety. At length, after repeated struggles, a long and forced inspiration ensues, which is almost always (but not necessarily) accompanied by the characteristic squeaking, crowing sound. On recovering its breath, the child generally bursts into a fit of crying; and, after marks of great exhaustion, falls asleep. Along with the above-enumerated symptoms, incurvation (bending in) of the thumbs and great toes, and rigid bending back of the spine, are observed; sometimes the paroxysm passes into general convulsions.

*Distinctive Features.*—The suddenness of the attack and of its cessation, and the want of preliminary symptoms, distinguish it from Croup; and, in addition to these, the absence of cough, will equally distinguish it from Hooping Cough.

*Treatment.*—Until the arrival of professional assistance, administer **CARBO ANIMALIS** (CHERRMELL'S preparation), 12 globules (or 1, 2, or 3 drops), 5th dilution, in solution,\* a sixth part every ten minutes, at first; then every half-hour, hour, or every two, three, or four hours, according to the urgency of the case. When the child has fallen asleep, it must not be dis-

\* See FOOT NOTE at page 82.

turbed; and until it wakes of its own accord, the exhibition of the remedy should be suspended.

*Diet and Regimen.*—The same as in Hooping Cough. In the case of infants at the breast, the mother or nurse should restrict herself to the Homœopathic Dietary, and take regular exercise in the open air. Great care must likewise be taken not to over-excite or irritate the little patient.

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## HOOPING COUGH.

This disease is almost peculiar to infancy and childhood, and, like Measles and Scarlet Fever, depends upon a specific contagion. The *mucous* lining-membrane of the lungs, and the nerves connected with the respiratory organs, exhibit the effects of this miasmatic poison.

In children of healthy constitutions, this affection, in general, goes through its course mildly.

*Symptoms.*—Symptoms of a common cold and cough, lasting from a fortnight to three weeks, generally precede the attack, and, but for the prevalence of an epidemic of Hooping Cough, would often escape particular notice. As this

preliminary stage is drawing to its conclusion, the cough assumes a convulsive character, attended with very scanty expectoration, and comes on in paroxysms, towards the termination of which considerable difficulty of breathing is experienced, sometimes almost amounting to suffocation (so that the face and neck become purple and livid, and the eyes suffused with tears); the paroxysms are generally worse towards the approach of night. After a time, the fits of coughing are terminated by vomiting, which affords a little respite. Although vomiting of the food occasionally occurs throughout the day, the appetite is unaffected, and the digestive functions remain unimpaired. After a further lapse of some days, violent inspirations succeed the paroxysms of coughing, and the characteristic whoop or kink is heard; the cough is then said to be fully formed. At this period, the lungs begin to secrete, and copious expectoration of *mucus* ensues; the vomiting occurs less frequently, the cough becomes looser, and the intensity of all the symptoms diminishes, until, at length, the disease ceases altogether. Slight febrile symptoms, throughout the course of the affection, are occasionally observed.

*Treatment.*—In mild cases, the preliminary symptoms require only the same treatment as

those of common Cold and Cough. (*See COMMON COLD AND COUGH.*)

As the cough becomes convulsive, especially when it is worse at night, give *BELLADONNA*, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part twice or thrice a-day, gradually prolonging the intervals. In very mild cases, *BELL.*, 3 globules, 12th dilution, repeated every second or third night, will be preferable.

When the paroxysms are terminated by vomiting, and also when there is occasional vomiting of the food throughout the day, suspend the *BELL.*, and administer *IPECACUANHA*, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part twice or thrice a-day; or *IPEC.*, 3 globules, 12th dilution, every second night, in very mild cases.

When the Hooping Cough is decidedly formed, and the secretions begin to be established, *HEPÆ SULPHURIS*, 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part twice or thrice a-day, may be given; the intervals being gradually prolonged as the symptoms become less urgent. As the case advances towards convalescence, three or four days having been allowed to elapse after the last dose of the medicine in solution, *CARBO ANIM.* (*CHEPMELL'S*

\* See FOOT NOTE at page 82.



## 180 CONVULSIONS AND FITS OF CHILDREN.

preparation), 3 globules, 18th dilution, and SULPH., 3 globules, 18th dilution, administered successively, at intervals of four days or a week, and repeated, if necessary, once more, will, in general, suffice to prevent a relapse.

ACON., 9 globules (or 1 or 2 drops), 3rd dilution, in solution, in doses of a sixth part, may always be given throughout the course of the affection, when there are symptoms of fever, either by itself, or in alternation with any of the above-indicated remedies.

*Diet and Regimen.*—The diet should be light, and animal food should be given sparingly; at any rate, care should be taken not to overload the child's stomach. Gum-arabic water (R. gum-arabic 2 oz., white loaf-sugar  $\frac{1}{2}$  oz. to 1 oz., and hot water 1 quart) will often prove grateful when the cough is troublesome.

In fine weather, the little patient should remain in the open air as much as possible. At the same time, due precaution should be taken to prevent catching cold.

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## CONVULSIONS AND FITS OF CHILDREN.

These attacks are too serious to form the subject of domestic practice, as they generally

depend upon a variety of morbid conditions of a constitutional character, requiring special treatment for their removal.

*Symptoms.*—Trembling and convulsion of the limbs, generally\* occurring at night, when the child is asleep; the eyes and features of the face being sometimes affected with similar convulsive twitches. These symptoms are often preceded by screaming and grinding of the teeth. Having reached a certain degree of intensity, the fit gradually subsides. More or less stupor and unconsciousness attend a *severe* attack.

*Treatment.*—Until medical advice can be procured, if the convulsions are severe, and they seem chiefly connected with the state of the brain, give BELLADONNA, 9 globules, 3rd dilution, in solution,† a sixth part every hour, or every two, three, or four hours; or else—if the extremities, hands and feet, seem more particularly affected, and the head is tolerably cool—CHAMOMILLA, 9 globules (or 1 or 2 drops), 3rd dilution, administered in a similar manner, will be preferable, when the child is teething.

CARBO ANIMALIS (CHEPMELL'S preparation), 9 globules (or 1 or 2 drops), 5th dilution,

\* The fit may, however, come on at any time of the day or night, whether the child be awake or asleep.

† See FOOT NOTE at page 82.

should be given, either by itself or in alternation with one of the above remedies (according to their respective indications), in all those cases where there is *a constitutional tendency to spasmodic croup, or to spasmodic catches of the breath.* At other times, ACON., 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may be alternated, in doses of a sixth part, every two or three hours, with any of the preceding remedies, when there is fever.

In very severe cases, the smelling of CAMPHOR will sometimes be of service, when the medicines already exhibited seem to have had no effect.

In very slight cases, it is better to wait until the fit has ceased, before administering any remedy.

*Diet and Regimen.*—The child should be kept on low diet. In very severe cases, it may be necessary to immerse the little patient in a warm bath, up to the loins, for three or four minutes; after which it should be rubbed dry, and laid in a warm blanket. The bath should not, however, be *used during the actual paroxysms.*

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#### WETTING THE BED.

It sometimes happens that, without any marked ailment, the child wets its bed at night.

*Treatment.*—Begin with NUX VOM. 3 globules, 12th dilution, and repeat the dose in three or four days; after which, allow a further interval of days to elapse, and give SULPH. 3 globules, 18th dilution.

*Diet and Regimen.*—The diet should be nutritious; and regular exercise, in the open air, should be enforced. The little patient should not be allowed to drink before going to bed.

## DIVISION II.

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### COMPLAINTS OF WOMEN.\*

THE disorders and irregularities to which young girls and women are peculiarly subject, are generally of too serious a nature to be trifled with; so that only a few of the least important should be made the subject of *non-professional* treatment.

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### BLEEDING OF THE NOSE.

Bleeding of the nose sometimes ensues after sudden *periodical suppression*; it may, however, occur without any suppression whatever, while the female is *unwell*.

*Treatment*.—In the first case, BRYONIA, 3 globules, 12th dilution, twice administered at an interval of two days, will generally suffice to remove the irregularity; in the second, to establish

\* See EXPLANATIONS.

the natural course, PULSATILLA, 3 globules, 12th dilution only, may be advantageously substituted.

*Diet, etc.*—The diet should be light and nutritious, and all sudden alterations of temperature should be carefully avoided. (*See also BLEEDING OF THE NOSE, in COMMON DISORDERS.*)

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## SORE NIPPLES.

It not unfrequently happens, at an early period of nursing, that mothers experience much suffering and inconvenience from sore nipples, and ulcerations at their bases.

*Causes.*—1. The mechanical action of sucking, on the part of the infant, together with a greater or less degree of constitutional susceptibility in the mother. 2. Purely constitutional on the mother's side. 3. The acidity of the salivary secretions of the child.

*Treatment.*—When the cause is chiefly of the first kind, as soon as the child has quitted the breast, wash the nipples with a lotion composed of one part MOTHER TINCTURE OF ARNICA to forty or fifty parts of cold water. Before again applying the infant, rewash the parts with lukewarm milk-and-water.

ARNICA, 3 globules, 3rd dilution, may be exhibited internally every second or third night, for the space of a week or ten days. Lastly, a few days after the last dose of this remedy, GRAPHITES, 3 globules, 18th dilution, may be administered two or three times, at intervals of a week or ten days.

Systematic treatment of the mother, or child, alone will remove this affection, when it arises exclusively from one or other of the last-mentioned causes.

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#### SORE BREASTS FROM DISORDERED SECRETION OF MILK.

The breasts sometimes become sore and painful from an accidental interruption or diminution of the secretion of milk.

*Treatment.*—In slight cases, exhibit BRYONIA, 3 globules, 12th dilution, and repeat the dose in two days; lastly, in four days more, give SULPH., 3 globules, 18th dilution. When the disorder arises from taking cold, give ACONITUM, 9 globules (or 1 or 2 drops), in solution,\* a sixth part twice or thrice a-day, until finished, before commencing the above constitutional treatment.

\* See FOOT NOTE at page 82.

*Diet, etc.*—The diet should be light and nutritious, and the clothing warm. Exposure to sudden alterations of temperature should also be guarded against.

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#### IRREGULARITIES AND SUDDEN SUPPRESSIONS OF THE MONTHLY PERIOD.

When irregularities, or suppressions of this kind, arise from the temporary operation of moral, dietetic, and atmospheric influences, in women of a previously healthy constitution, the directions for the treatment under these several heads will generally suffice. (*See MORAL EMOTIONS, ATMOSPHERIC INFLUENCES and SLIGHT DISORDERS ARISING FROM THE INFRACTION OF DIETETIC RULES.*)

In those cases which are of recent occurrence, when the exciting cause cannot be discovered, PULSATILLA, 3 globules, 12th dilution, may be given, followed in four days by SULPH., 3 globules, 18th dilution; lastly, in four days more, PULS., 3 globules, 12th dilution, may be repeated, and followed by SULPH., 3 globules, 18th dilution, after a further interval of four or six days. Should this course not have the desired effect, competent advice must be obtained.



*Diet, etc.*—The diet should be light and nutritious. Attention to clothing and exercise should also be enjoined.

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TOO FREQUENT RECURRENCE OF THE MONTHLY PERIOD.

The periodical discharge may come on too often, or in too great a quantity, or else it may continue too long a time.

*Treatment.*—In either case, when the complaint is of recent origin, CHINA OFFICINALIS, 3 globules, 12th dilution, may be administered, and followed, in four days, by CALC. CARB., 3 globules, 18th dilution; lastly, in four days more, CHINA OFFIC., 3 globules, 12th dilution, may be repeated, and followed by CALC., 3 globules, 18th dilution, after a further interval of four or six days. Should this treatment not have the desired effect, recourse should be had to competent advice without delay.

*Diet and Regimen.*—The diet should be wholesome and generous, yet not too stimulating. Over-exertion, especially in standing about too much, should be carefully avoided; at the same time, the more the general health can be im-

proved by out-door exercise, duly proportioned to the strength of the patient, the better. When the patient is of a sufficiently robust habit to bear it, the use of the cold *sitz-bath* (during the intervals of cessation of the periodical discharge) morning and evening, for three or four minutes at a time, will be found very bracing to the constitution, more especially if the back and joints are sponged at the same time. In winter, these ablutions should be performed at the fire-side, on account of the chill which is apt to succeed the reaction induced by the cold water, when the temperature of the room is much below that to which the surface of the bather's body has been raised.

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#### THE WHITES (*Leucorrhœa*).

As this unhealthy *mucous* discharge may occur, during the interval of cessation, or suppression of the natural period, in women of opposite constitutional habit, the treatment will vary accordingly.

*Treatment.*—In those cases of *Leucorrhœa* where the *monthly period* is irregular, or, if regular, tends to be scanty rather than profuse, administer *PULSATILLA*, 3 globules, 12th dilu-

tion, followed, in four days, by SULPH., 3 globules, 18th dilution; then, in four days more, repeat PULS., 3 globules, 12th dilution, followed, after a further interval of four or six days, by SULPH., 3 globules, 18th dilution. When, however, the opposite habit prevails, and the *monthly period* either occurs too soon, or is too abundant, administer CHINA OFFIC., 3 globules, 12th dilution, followed, in four days, by CALC. CARB., 3 globules, 18th dilution; then, in four days more, repeat CHINA OFFIC., 3 globules, 12th dilution, followed, after a further interval of four or six days, by CALC. CARB., 3 globules, 18th dilution. Should the indicated treatment not suffice, immediate recourse to professional advice is recommended.

*Diet and Regimen.*—The same as in the preceding case. (See TOO FREQUENT RECURRENCE OF THE MONTHLY PERIOD.)

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#### SUFFERINGS DURING THE MONTHLY PERIOD.

The sufferings which precede and attend this period are sometimes severe, even in women who, in other respects, enjoy tolerably good health.

*Symptoms.*—Aching in the back and loins, of

variable intensity, with forcing pains in the bowels and lower part of the abdomen (belly), sometimes accompanied with looseness in the bowels, or colic-pains; in some cases, shooting and aching, or numbness, along the inside of the thighs; whilst in others, nervous or congestive headaches are complained of.

*Treatment.*—The following remedies may be tried, although it will sometimes happen that these sufferings depend upon constitutional causes, which necessitate systematic treatment for their removal.

**BRONIA**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part thrice a-day, or else **BRY.**, 3 globules, 12th dilution only, will be indicated, when the pains in the back and loins form the principal sufferings.

**CHAMOMILLA**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part thrice a-day, or else, **CHAM.**, 3 globules, 12th dilution, only, will be suitable, when there is severe forcing and bearing down in the lower part of the abdomen (belly) and bowels, with colic-pains; especially when there is a tendency to relaxation.

**PULSATILLA**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part thrice

\* See FOOT NOTE at page 82.

a-day, or PULS., 3 globules, 12th dilution, only, will be preferable, under similar circumstances, in women, and especially in young girls, of a mild and timid disposition, in whom the discharge is habitually scanty.

NUX VOM., 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part thrice a-day, or else NUX VOM., 3 globules, 12th dilution, only, when the sufferings are associated with headache, spasms in the stomach and abdomen, shooting pains down the thighs or cramps in the legs, and when there is a tendency to confined bowels; especially in women of a bilious sanguine temperament, with dark hair and complexion.

In some cases, fomentations with hot flannels will afford relief.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, in doses of a sixth part, or ACON., 3 globules, 3rd dilution, may be given, either by itself, or else alternately with any one of the preceding remedies which happen to be indicated, when there is frequency and fulness of the pulse, or other febrile symptoms.

*Diet, etc.*—The diet should be light and wholesome. Every circumstance, moral and physical, which is likely to interfere with or suspend the regular course of this period, should likewise be

avoided. (*See also* CONGESTIVE HEADACHE, and NERVOUS HEADACHES.)

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## FLOODING.

Independently of the occurrence of this kind of hemorrhage (loss of blood), during pregnancy or after delivery, Flooding may be induced, in a patient whose natural tendency is to be too often or too much *unwell*, by over-exertion, especially standing about too long; by violent moral emotions; and even by causes of a purely constitutional character.

*Treatment.*—In a general way, until the arrival of professional assistance, SECALE CORNUTUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* should be administered in doses of a sixth part every one, two, three, or four hours, according to the urgency of the case.

IPECACUANHA, 9 globules (or 1 or 2 drops), 3rd dilution, may be given, in alternation, in doses of a sixth part, when the blood is of a *bright red* colour.

In the instance first mentioned, it is better to

\* See FOOT NOTE at page 82.

alternate (with the *SECALE*) one of the following remedies, when the exciting cause is known, viz.:—

*ARNICA*, 3rd dilution (9 globules, or 1 or 2 drops, in doses of a sixth part), when caused by over-exertion.

*BRYONIA*, 3rd dilution (9 globules, or 1 or 2 drops, in doses of a sixth part), when brought on by anger and vexation.

*OPIUM* (9 globules, 12th dilution, or 1 or 2 drops, 3rd dilution, in doses of a sixth part), when caused by a sudden fright.

*Diet and Regimen.*—The same as in *Miscarriage*. (*See also MISCARRIAGE.*)

#### HYSTERIA.

Hysteria is rarely, if ever, dangerous. It is, however, a most distressing disorder, and very difficult of treatment, when it has become inveterate.

The treatment only of the milder forms of the *hysterical habit*, in patients who are otherwise healthy, and in whom the *hysterical paroxysms* are either very slight or altogether absent, is contemplated in this work: that which is given under the head of the *Hysterical attack or paroxysm*, is merely intended for those emergen-

cies where medical advice cannot be conveniently procured at the moment.

*General Symptoms.*—The following symptoms constitute what is termed the *hysterical habit*; viz., a peculiar tendency (which, at times, becomes irresistible) to fits of laughter and crying, which is generally attended or preceded by a *characteristic* sensation, *as though a ball were rising from the stomach into the throat*. There is great moral irritability, capriciousness of temper, and depression of spirits, in this affection; and the urinary secretion is unusually abundant and limpid.

*Symptoms of a hysterical attack or paroxysm.*—Fits of laughter and crying; piercing shrieks and screams, accompanied with violent writhing of the body and limbs, tearing of the hair and beating of the breasts. Occasionally there is distressing flatulence and hiccough. The patient is, in general, instinctively warned by her feelings,\* of an impending attack.

*Treatment.*—For the **Hysterical habit**, when this is slight, give **HYOSCIAMUS**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,† a sixth

\* If these instinctive feelings were more acted upon by hysterical women, and they were at once to leave the scene of excitement for the open air, many a public scandal would be avoided.

† See FOOT NOTE at page 82.



part morning and night; then, two or three days after the last dose of Hyos., administer CARBO ANIMALIS (CHEPMELL'S preparation), 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part morning and night; lastly, four days after the last dose of the CARBO ANIM. (CH.), exhibit HYOSCIAMUS, 3 globules, 3rd dilution; and, in four days more, CARB. ANIM. (CHEPMELL'S preparation), 3 globules, 18th dilution.

For the **Hysterical paroxysm**, give HYOSCIAMUS, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part every ten, twenty, or thirty minutes, at first; then every one, two, three, or four hours, according to the urgency of the case. When the violence of the attack does not yield to HYOSCIAMUS, alternate CARBO ANIMALIS (CHEPMELL'S preparation), 9 globules (or 1 or 2 drops), 5th dilution, in doses of a sixth part, with it; more especially when flatulence and hiccough add to the patient's distress. Cold water may occasionally, with great advantage, be dashed in the patient's face. All tightness of dress should at once be removed, and the cool fresh air plentifully let into the room to which the patient may have been conveyed.

*Diet and Regimen.*—A light, wholesome, and

nutritious diet; early hours; regular exercise in the open air; cold bathing and sponging, and any other *hygienic* practice, which may tend to brace the nerves, cannot be too strongly recommended. The patient should, moreover, be encouraged to exercise a moral control over her feelings. This can always be done, in the slighter forms of the disorder; especially at the commencement, before the hysterical habit becomes confirmed.

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## THE CRITICAL AGE.

The *final constitutional change* usually occurs between the fortieth and fiftieth year of a woman's life.

*Symptoms.*—More or less irregularity, or total suppression, of the *monthly period*; sudden flushings of the neck and face; sensation of fulness in the head, sometimes attended with headache; noises in the head; general oppression; palpitation of the heart, and other symptoms indicative of the temporary embarrassment of the circulating system, whilst the constitution is adapting itself to the change which is going on.

*Treatment.*—LACHESIS, 8 globules, 12th dilu-

tion, administered twice, at intervals of four days or a week, and followed by *CARB. ANIMALIS* (CHEPMELL's preparation), 3 globules, 18th dilution, a week after the second dose, will suffice for very favourable cases; otherwise, professional advice should be had recourse to at once.

*Diet and Regimen.*—The patient should conform to a light and wholesome diet, and, as a general rule, entirely abstain from stimulating drinks. Out-door exercise should be taken regularly, whenever the weather permits; at the same time, every precaution against catching cold must be taken.

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#### MORNING SICKNESS.

This characteristic sickness occurs in the course of the second month of pregnancy, usually (although not necessarily) in the morning; hence its name. It is seldom troublesome after the fourth or fifth month.

*Symptoms.*—Qualmishness, which generally comes on in the morning, when the patient begins to move about, not unlike that experienced in the early stage of sea-sickness; followed by retching, and vomiting of food

or bile. Sometimes distressing heartburn is complained of:

*Treatment.*—PULSATILLA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part morning and night, followed, in two or three days after the last dose, by ARSENICUM ALBUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part morning and night; then, in three or four days after the last dose of the ARSENICUM, PULSATILLA, 3 globules, 12th dilution, followed, after a further interval of three or four days, by ARS. ALB., 3 globules, 18th dilution, will suffice for slight cases.

IPÊCAOUANHA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may be given in doses of a sixth part, at any time (independently of the above prescribed constitutional remedies) during, and immediately after, a severe attack of retching and vomiting.

*Diet and Regimen.*—A light, nutritious, and wholesome diet should be adopted; and regular exercise in the open air taken, at least once a-day, and that short of fatigue. The clothing should be adapted to the comfort of the patient; and, for obvious reasons, all undue tightness of the dress, which is bad at all times, must now be avoided.

\* See FOOT NOTE at page 82.

## MISCARRIAGE.

Miscarriage may happen at any period of pregnancy: its occurrence is most frequent at the third month.

This accident may be prevented, by judicious treatment, even after the premonitory symptoms have shown themselves; and when it has become unavoidable, the evil consequences may still be greatly lessened by care and attention.

The chief exciting causes are mechanical injuries (such as blows, falls, over-reaching, a false step, etc.), and sudden and violent moral emotions (anger, grief, etc.), the operation of which is the more to be dreaded, where there is already a constitutional predisposition to miscarriage.

*Symptoms.*—Although a miscarriage may occasionally take place suddenly, without any warning, the following are the usual *premonitory symptoms*:—drawing, pressing, and cutting pains in the loins, of variable intensity and duration, with tension in the lower part of the abdomen (belly) and bearing down of the womb, sometimes preceded by a sensation of cold and shivering fits, and accompanied by a constant desire to pass water;—which, if unchecked, are sooner or later followed by a viscid and bloody discharge.

Should this discharge increase, and the pains continue urgent, miscarriage will inevitably follow. In some cases, both before and after a miscarriage, there is very profuse and long-continued flooding (as this flow of blood is called); in other cases, the hemorrhage (bleeding) is slight, and, comparatively speaking, of little moment. Again, the sufferings may be severe and protracted; or else, they may be trifling and of short duration.

*Treatment.*—Until professional assistance can be had, dissolve 9 globules (or 2 or 3 drops) of the medicine which seems best suited to the circumstances of the case, in six dessert-spoonfuls of cold water; and administer a dessert-spoonful of the solution every two, three, or four hours, or else (if the symptoms are very urgent) every half hour. As soon, however, as any decided benefit may be perceived from the remedy, stop, and do not go on giving it so long as there is a progressive improvement.

**ARNICA**, 3rd dilution, will be indicated when the mischief has been caused by mechanical injury.

**BELLADONNA**, 3rd dilution, when severe pressing pains in the loins are complained of, with tension and weight in the lower part of the abdomen (belly), violent bearing down and sensa-

tion, as though the womb would fall out; more especially, if, at the same time, the head is hot and the face flushed, and the discharge is neither very dark nor of a very bright red.

CHAMOMILLA, 3rd dilution, when the pains are periodical, like labour-pains, and each pain is followed by a dark and coagulated (curdled or clotted) discharge.

CHINA, 3rd or 12th dilution, in the most serious cases of flooding, which are attended with heaviness of the head and dizziness, paleness of the face, extreme feebleness of the pulse, coldness of the extremities, loss of consciousness, and fainting.

IPECACUANHA,\* 3rd dilution, when the pains are of a spasmodic character, and the flooding, although it may be considerable, is not attended with loss of consciousness; more especially if the blood is of a *bright red* colour.

NUX VOMICA, 3rd dilution, will be of service in threatened abortion, when the spasmodic pains are attended with ineffectual urging to stool, and there is strong bearing down, with frequent inclination to pass water.

ACONITUM, 3rd dilution, may always be alter-

\* In flooding after delivery, SECALE CORNUTUM, 3rd dilution, is one of the best remedies to alternate with IPECACUANHA.

nated with any of the preceding remedies, when the symptoms assume an inflammatory form.

*Diet and Regimen.*—The patient should either keep her bed, or at least be made to lie down on a couch or sofa. At the same time, she should be very lightly covered, and kept as cool and as quiet as possible; on no account should she be allowed to sit up. Everything in the shape of food, especially whatever is drunk, should be taken cold: the diet, in other respects, should be light. (*See also FLOODING.*)

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#### LABOUR AND AFTER-PAINS.

As much of the suffering and tediousness of labour may be spared, by the judicious administration of Homœopathic remedies, the following general directions will meet the case of patients who, from the force of circumstances, are unable to procure the attendance of a Homœopathic practitioner.\*

\* In engaging the services of an allopathic *accoucheur* there should be a distinct understanding beforehand, as to his non-interference in the remedial treatment. The author cannot approve of the conduct of those who, for fear of hurting the feelings of an old family medical attendant, take Homœopathic remedies "on the sly."



*Premonitory Signs.*—Various nervous symptoms, such as moral agitation without apparent cause, a disposition to shed tears, or lowness of spirits, sometimes precede labour. Looseness of the bowels (which generally continues for a day or two before) is, however, a more common symptom. Pains about the loins and abdomen (belly), which come and go, with bearing down and increased inclination to pass water, afterwards followed by a discharge of mucus tinged with blood, are still more characteristic.

*Treatment.*—After the bowels have been evacuated once or twice, by means of an *enema* (injection) of tepid water, some of the following remedies may be required.

BELLADONNA will be useful in almost any case of tedious labour, either by itself, or else in alternation with PULSATILLA, when the pains are deficient in strength and regularity, or when they seem to have ceased altogether.

NUX VOMICA will be suitable when the pains are attended with a continual urging to stool, and there is a strong bearing down, with frequent inclination to pass water.

ACONITUM may be exhibited (either occasionally, or in alternation with any of the preceding medicines), when there is general

restlessness, with heat of skin, thirst, and other febrile symptoms.

*Nine* globules (or 1 or 2 drops) of the 3rd dilution of the indicated remedy may be given, in solution, in doses of a sixth part, every half hour, hour, or every two or three hours, according to the urgency of the case. As a general rule, it is better to administer the medicine in the intervals of the pains, and as soon as decided benefit is experienced, to suspend its exhibition. It should only be repeated when no further progress towards amendment is made.

ARNICA, 9 globules (or 1 or 2 drops), 3rd dilution,\* may be administered, in doses of a sixth part, two or three times a-day, as soon as delivery has taken place; and, should there have been much contusion of the parts, a lukewarm arnicated lotion (ARNICA, MOTHER TINCTURE, 15 to 20 drops to a tumblerful of water) may be applied locally, two or three times, at intervals of eight or ten hours.

CHAMOMILLA, 9 globules (or 1 or 2 drops), 3rd dilution, may be given, in doses of a sixth part, morning and night, should the patient suffer from after-pains.

*Diet and Regimen.*—For the first five or six days after confinement, a light farinaceous diet,

\* See FOOT NOTE at page 82.

with beef-tea, gruel, and cocoa, will be suitable. After this period, there should be a gradual return to ordinary diet. With reference to the length of time during which the patient should keep her room, she will naturally follow the advice of her ordinary medical attendant. It may not be out of place to observe, that few women can safely go about before the lapse of a month. (*See also FLOODING, and MISCARRIAGE.*)

## DIVISION III.

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### COMMON DISORDERS.\*

THESE comprise a variety of disorders and slight ailments, common to all periods of life, and to both sexes; and, in general, requiring only a simple course of treatment, provided they are attended to at the beginning.

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### SLEEPLESSNESS.

Wakefulness at night is often merely one of many symptoms attendant upon a variety of diseases. It may, however, be induced by the temporary operation of a number of individual causes connected with moral, physical, atmospheric, dietetic, and other influences upon the system generally.

*Treatment.*—When no precise cause can be assigned, give CHINA, 3 globules, 12th dilution; and repeat this remedy in two or three days, if

\* See EXPLANATIONS.

the first dose proves insufficient. Should the sleeplessness, however, still continue (three or four days having elapsed since the second dose of CHINA), administer COFFEA, 3 globules, 12th dilution, especially when there is nervous excitement, followed by ARSENICUM, 3 globules, 18th dilution, three or four days afterwards. When, however, the exciting cause can be traced to moral, atmospheric, or dietetic influences, the case should be treated accordingly.

*Diet and Regimen.*—The exciting cause, if connected with diet, should be abstained from. Regular exercise should be taken, and over-exertion of the mind or body should be guarded against. (*See also* MORAL EMOTIONS, ATMOSPHERIC INFLUENCES, *and* SLIGHT DISORDERS ARISING FROM THE INFRACTION OF DIETETIC RULES.)

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## NIGHTMARE.

Under this head are included all manner of unpleasant, confused, or restless dreams; but especially those of a frightful, horrible, or terrifying character.

Independently of being an ordinary attendant upon almost every kind of disorder connected

with the organs of digestion, nightmare often occurs after a hearty supper, various dietetic infractions, fatigue, etc.; an uneasy position will frequently induce it.

*Treatment.*—In a general way, Nux Vom., 3 globules, 12th dilution, administered twice, at an interval of two or three days, and followed by SULPH., 3 globules, 18th dilution, four or five days after the second dose, will suffice.

*Diet and Regimen.*—The removal of the exciting cause, when known, naturally suggests itself. Attention to diet and regimen for a few days should be enjoined. (*See also* INDIGESTION, MORAL EMOTIONS, ATMOSPHERIC INFLUENCES, *and* SLIGHT DISORDERS ARISING FROM THE INFRACTION OF DIETETIC RULES.)

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#### DROWSINESS.

This is often one of the first symptoms of Indigestion: in ordinary cases it will readily yield to the treatment prescribed under that head. (*See* INDIGESTION.)

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## ITCHING AND GENERAL IRRITATION OF THE SKIN.

These symptoms are often connected with acute or chronic affections of the skin, or of internal parts of the organism, which are of much greater importance than the sensations to which they give rise.

*Treatment.*—When, however, the cause is trifling, Nux Vom., 3 globules, 12th dilution, administered twice, at an interval of two days, and then followed by SULPH., 3 globules, 18th dilution, in three or four days more, will generally suffice.

*Diet and Regimen.*—Food of too stimulating a kind, whether liquid or solid, should be abstained from. The skin should be sponged with cold water daily, and well rubbed with a coarse towel. (See also SKIN DISEASES, and SLIGHT DISORDERS ARISING FROM THE INFRACTION OF DIETETIC RULES.)

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SKIN DISEASES.

A few elementary notions of the classification of skin diseases will enable the *non-professional* reader the better to understand the description

of such varieties as are severally treated of in this work.

The following are the most clearly marked groups into which skin diseases are classed, and which, as it will be seen, are based upon the anatomical characters of the eruption; viz., the Exanthematous, the Vesicular, the Pustular, the Papular, and the Scaly.

The EXANTHEMATOUS (*ἐξανθεῖν*, to *effloresce*), or RASHES, are characterized by more or less diffuse redness of the skin, which disappears, for the moment, under pressure of the finger; they are for the most part of an acute febrile type, usually terminating in *desquamation* (falling off of the scarf-skin), or else gradually fading away. Measles, Rose Rash, Scarlet Fever, Common Rash, Nettle Rash, and Erysipelas belong to this group.

The VESICULAR consist of *vesicles* (*vesicula*, a small bladder), *i.e.*, small elevations of the *cuticle* (scarf-skin), formed by the collection of a transparent (*serous*) fluid, which, however, sometimes becomes (*sero-purulent*) opaque. The *vesicle* may end in the absorption of the fluid, in slight desquamation, or in the formation of small thin incrustations. Epidemic Miliary Fever, Chicken Pox, Heat Spots, Tetters, and Itch, come under this head.



The PUSTULAR (*pustula*, a pustule, *i.e.*, a tumour secreting thick matter or *pus*) consist of small circumscribed elevations of the scarf-skin on an inflamed base, which are formed by the effusion of (*purulent*) matter between the *cuticle* and true skin. The contents of the *pustules*, in drying up, produce scabs, which, in some cases, may be followed by chronic induration or excoriation of the skin. Cow Pox and Small Pox are the acute, whilst the Crusted Tetters, Whelk (*achne*), Great Pock\* (*ecthyma*), and Scall, are the chronic affections which belong to this group.

The PAPULAR are characterized by small firm and solid elevations of the skin, called *papules* (*papula*, a pimple), which never contain fluid. These *papules*, or pimples, generally disappear by absorption, or else terminate in slight bran-like *desquamation*: they may, however, give rise to ulceration. Itching Rash and Sun Rash come under this head.

The SCALY are characterized by the constant succession, formation, and falling off of *scales* of dry, hardened, and degenerated scarf-skin, which cover minute *papular* elevations of the skin. The Common Leprosy, Scaly Tetters, and Dan-

\* This is sometimes an acute disorder.

drift, belong to this group; they are essentially chronic diseases.

Chronic skin diseases, especially when they have been improperly treated, will sometimes elude classification, not so much from the absence of all the *specific* characters as from the confusion of several types in the same individual.

*Treatment.*—Although the instructions given under each several form, which is treated of in this work, will suffice for slight cases or for emergencies (pending the arrival of professional assistance), no serious skin disease, more especially if it be acute, should be made the subject of continuous domestic treatment.

There is one golden rule which applies equally to all eruptive disorders, and it is this; that no wash, or other external application, which might drive the eruption back again into the system, ought ever to be used.

For any slight eruption, which it might be difficult to refer to any specific variety, give SULPH., 3 globules, 18th dilution, two or three times, at intervals of a week or ten days.

*Diet and Regimen.*—As a general rule, the diet should be wholesome and nutritious. All heating and indigestible food, especially salt provisions and shell-fish, ought to be carefully

abstained from. An occasional tepid bath will be useful for the purposes of cleanliness.

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#### NETTLE RASH (*Urticaria*).

This *non-contagious* rash occurs chiefly in summer. It is generally connected with a disordered state of the digestive organs, induced by certain unwholesome aliments, especially in the case of adults. A variety of other causes may, however, induce it. The little ailments incidental to children during the period of teething are strong predisposing causes.

*Symptoms.*—Numerous little eminences or wheals, resembling the stings of nettles, are perceived in various parts of the body, especially about the arms; they are generally of an oblong form, white in the centre and red at the circumference: this redness is sometimes considerably diffused on the surrounding surface. The rash is attended with distressing itching and tingling, especially at night. It is sometimes preceded for several days by heat of skin; quick pulse; nausea, with anxiety at the pit of the stomach; oppression of the chest; headache; languor and drowsiness; which subside as the eruptive patches appear on the skin. Like all the *exanthematous*

eruptions, sudden pressure will obliterate the rash for a few seconds.

*Treatment.*—Give IPECACUANHA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* in doses of a sixth part, every four hours, or thrice a-day; and, if necessary, repeat IPEC., 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part morning and night; lastly, three or four days after the last dose of the medicine in solution, administer SULPHUR, 3 globules, 18th dilution.

RHUS TOXICODENDRON, 9 globules (or 1 or 2 drops), 3rd dilution, had better be substituted for the IPECACUANHA, and administered in the same way, when the rash has been caused by eating shell-fish.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may always be alternated, when required, in doses of a sixth part, with any of the indicated medicines, especially during the eruptive fever which sometimes precedes the rash.

BELLADONNA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, in doses of a sixth part, every four hours, or thrice a-day, will be useful when there is much inflammation of the skin, which the medicines already exhibited have not removed.

\* See FOOT NOTE at page 82.

*Diet and Regimen.*—The diet should be light for a few days, and animal food sparingly partaken of. Exposure to cold, or to sudden alternations of temperature, should also be avoided. (*See also* TEETHING, *and* SKIN DISEASES.)

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#### COMMON RASH (*Erythema*).

There are several forms of this *non-contagious* inflammatory rash, which, in a work of this size, it were unnecessary to particularize.

*Symptoms.*—The following are common to most varieties, viz., more or less continuous redness or roughness of the skin affected, sometimes with, but more frequently without, swelling; usually accompanied by more or less itching, smarting, or burning sensations, and, almost invariably, supervening upon functional derangement of the digestive organs. Like other eruptions of this class, sudden pressure will cause the rash to disappear for a few seconds.

*Treatment.*—Slight cases of any kind will readily yield to the treatment prescribed under the head of Nettle Rash; for their exciting causes, and many of their symptoms, are identical. (*See* NETTLE RASH.)

ROSE (*Erysipelas*).

Erysipelas is an inflammation to which the skin is liable, and which is generally accompanied by swelling of the *integuments*. The face, arms, and legs are the parts most frequently attacked.

In the more serious forms of Rose, professional advice should be had recourse to at once:

*Symptoms.*—The skin of the part affected is hot, smooth, and shining; and of variable colour, from a bright scarlet to a dingy red, or livid tint. A distinct line of demarcation ~~may~~ generally be observed between the inflamed and the contiguous sound surface. This inflammation is usually attended with swelling of the *integuments* (underlying parts), tension, pricking and burning pains, thirst, and frequency of pulse. When the case is mild, it terminates in three or four days without the formation of blisters, or even a desquamation of the scarf-skin.

*Treatment.*—In mild cases, begin with BELLADONNA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part every four hours; then give BELL., 9 globules (or 1 or 2 drops), 3rd dilution, also in solution, a sixth part thrice a-day, followed by SULPHUR, 9 globules (or 1

\* See FOOT NOTE at page 82.

or 2 drops), 5th dilution, in solution, a sixth part twice or thrice a-day; lastly, two or three days after the last dose of the SULPHUR, administer BELLADONNA, 3 globules, 12th dilution, and, after an interval of four or five days, SULPHUR, 3 globules, 18th dilution.

RHUS TOXICODENDRON, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, should be substituted for the BELLADONNA, and exhibited in the same manner, when numerous blisters are formed on the surface of the eruption.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may be alternated with BELL., in doses of a sixth part, at the outset of the attack, when indicated by the inflammatory symptoms, fever, etc., and discontinued as these subside.

*Diet and Regimen.*—The diet should be light in any case. If there is fever, pure water, toast-and-water, or water-gruel, will be preferable to more nutritious food for a day or two; otherwise arrowroot, sago, beef-tea, cocoa, etc., may be allowed. Exposure to cold should be avoided. A little dry starch powder is the only local application which can be recommended to allay the local heat or irritation. (*See SKIN DISEASES.*)

HEAT-SPOTS (*Eczema*).

This is a *non-contagious* eruption, the milder forms of which are easily cured. In persons of an irritable and shattered constitution, it is sometimes very troublesome.

*Symptoms.*—The eruption comes out in groups of very minute, pointed *vesicles* (small bladders), thickly crowded together: the humour which they contain, is either transparent or opaque, and dries up in thin scales. In the more irritable forms of the disorder, the acrid discharge from the *vesicles* causes *much redness of the skin and a stinging burning pain*. The eruption is not confined to any particular part of the body, although it is more commonly seen on the arms and legs.

*Treatment.*—Give ARSENICUM ALBUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part morning and night; and, after an interval of two days, repeat the ARS. ALB., 9 globules (or 1 or 2 drops), 3rd dilution, in the same manner, for three days more; then, after a further interval of four days, administer MERCURIUS SOLUBILIS, 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part morning

\* See FOOT NOTE at page 82.



and night; and, after an interval of two days, repeat the MERC. SOL., 9 globules (or 1 or 2 drops), 5th dilution, in the same manner, for three days more; lastly, wait four days, and alternate ARS. ALB., 3 globules, 18th dilution, and MERC. SOL., 3 globules, 12th dilution, once or twice, at intervals of a week.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, may be given throughout the disorder, in occasional doses of a sixth part, whenever febrile symptoms suggest its exhibition.

If the disorder be not cured by the above prescribed course, professional advice should be had recourse to. A tepid lotion of bran-water (made by pouring boiling water on a small quantity of bran and then strained) may be used locally to allay the stinging burning pain.

*Diet and Regimen.*—The diet should be light, and easy of digestion, yet sufficiently nourishing; and the drinks cooling, and not stimulating. (*See also SKIN DISEASES.*)

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### TETTER (*Herpes*).

Herpes is, generally speaking, a mild and *non-contagious* disorder, which usually follows an acute course, and terminates in a week or a fort-

night. When, however, it occurs in a chronic form, it may last several months.

*Symptoms.*—The disorder is characterized by an eruption of *vesicles*, forming in groups upon an inflamed base, perfectly circumscribed, and separated from each other by intervals of sound skin. The incrustations, which are formed by the drying-up of the *vesicles*, have the appearance of small scales. The form and seat of the eruptive groups constitute its varieties: thus, one variety takes the name of RING WORM (*Herpes Circinatus*), because it comes out in the form of circles, the centres of which are free from the eruption; another that of SHINGLES (*Herpes Zoster*), because it encircles the middle of the body like a girdle; other varieties also derive their names from the parts which they affect, *e. g.*, HERPES OF THE LIP, and the like. In some cases, slight fever precedes and attends the eruption at the outset.

*Treatment.*—Give RHUS TOXICODENDRON, 9 globules (or 1 or 2 drops) 3rd dilution, in solution,\* a sixth part morning, noon, and night, followed by SULPHUR, 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part morning, noon, and night; then wait one or two days, and administer RHUS TOXICODENDRON, 9

\* See FOOT NOTE at page 82.

globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part morning and night; and, after an interval of two days, SULPHUR, 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part morning and night; lastly, wait three days, and exhibit SULPHUR, 3 globules, 18th dilution; and, after an interval of ten days or a fortnight, SEPIA, 3 globules, 18th dilution.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, may be given occasionally, in doses of a sixth part, when febrile symptoms attend the eruption.

*Diet and Regimen.*—A light mixed diet, devoid of stimulants, in which farinaceous aliments and well-cooked vegetables should exceed the proportion of animal food. An occasional tepid bath will be serviceable for cleansing the skin. (See also SKIN DISEASES.)

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#### THE ITCH (*Scabies*).

This highly *contagious* disorder, owing to the minute *parasitic* insect (*Acarus scabiei*) which causes and spreads the infection, requires a peculiar local treatment, independently of the internal remedies which are necessary for the cure of the attendant constitutional eruption.

*Symptoms.*—The itch eruption appears in the form of small thin clusters of *vesicles* (little bladders), raised on a narrow bright-red base, and containing a clear fluid, just below the scarf-skin. Leading from these eruptive *vesicles*, are the minute tracks or channels which the itch-insect has burrowed for itself: a black point, on the external cuticle, marks the exact portion of the burrow where the animalcule takes up its abode. This indication may be readily discovered, provided the external appearance of the skin has not been changed by salves or other local applications. Be this as it may, the *intense voluptuous itching* (especially at night, when the patient is warm in bed), as well as the *situation of the eruption*, viz., *between the fingers close to the knuckles* (sometimes also on the inner side of the wrists, the bend of the joints, or on the toes), are *characteristic*. An irritable constitutional eruption, more or less general, about the body, usually adds to the patient's distress.

*Local treatment.*—In Corsica, where the disease is very common, the inhabitants are very expert at "unearthing" the *parasite* by means of sharp-pointed needles. The following plan is just as effectual, and more in accordance with our national taste, viz.: Take a hard nail-brush, tooth-brush,

or small scrubbing-brush, and vigorously rub either olive oil or fresh unsalted lard into each several part of the eruptive surface, which has already been pointed out as the likely residence of an itch-insect, in order to break up its tracks and to destroy it. This operation should be performed twice a-day, and only discontinued with the destruction of the last *parasite*. The constitutional eruption will require no local treatment.

*Constitutional treatment*.—Give SULPHUR, 9 globules (or 2 or 3 drops), 5th dilution, in solution,\* a sixth part morning and night, and repeat the SULPHUR, 5th dilution, twice more in the same manner, without intermission; then, wait three or four days, and, if necessary, repeat the SULPHUR, 5th dilution, as before, for nine days more; lastly, wait a week, after the last dose of the medicine in solution, and exhibit SULPHUR, 3 globules, 18th dilution, twice or thrice, at intervals of four days or a week.

*Diet and Regimen*.—A light mixed diet, devoid of stimulants, in which farinaceous aliments prepared with milk, and well-cooked vegetables, should exceed the proportion of animal food, will be most suitable.

The patient should take an occasional tepid

\* See FOOT NOTE at page 82.

bath: his body clothes and bed linen should also be frequently changed. With the poor, the necessity of personal cleanliness cannot be too strongly insisted upon. (*See also SKIN DISEASES.*)

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RUNNING TETTER. CRUSTED TETTER. COWRAP  
(*Impetigo*).

*Impetigo* is sometimes a very troublesome and unsightly disorder; happily it is *non-contagious*. One variety is characterized by its circumscribed patches (which are often seated on the arms and wrists, and sometimes on the face), whilst, in another, the patches are more scattered; lastly, a third variety is remarkable for its thick scabby incrustations.

*Symptoms.*—The eruption comes out in clusters of small *pustules*, which are densely crowded together and surrounded by a slightly inflamed margin. In a few days, the *pustules* break, and an *irritating humour* oozes out, which *thickens into yellowish or greenish-brown scabs*. *Distressing itching or gnawing, burning sensations* are often produced by the *irritating humour*.

*Treatment.*—Give RHUS TOXICODENDRON, 9 globules (or 1 or 2 drops), 3rd dilution, in so-

lution,\* a sixth part morning and night, and, after an interval of three days, MERCURIUS SOLUBILIS, 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part morning and night; then, wait three days and administer RHUS TOX., 9 globules (or 1 or 2 drops), 3rd dilution, a sixth part morning and night; and, after an interval of three days, SULPHUR, 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part morning and night; lastly, wait a week, from the last dose of the medicines in solution, and exhibit successively, once or twice, MERC. SOL., 3 globules, 12th dilution, and SULPHUR, 3 globules, 18th dilution, at intervals of a week. Whenever febrile symptoms attend the course of the eruption, ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may be given occasionally, in doses of a sixth part.

*Diet and Regimen.*—The same as in other skin diseases. (See SKIN DISEASES.)

\* See FOOT NOTE at page 82.

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WHELK. COPPER-NOSE (*Achne*). PIMPLES.\*

There are several varieties of Whelk (*Achne*), some of which are very difficult to cure, more especially, when they have been badly treated for a series of years, and thus rendered inveterate. For this reason, patients who are constitutionally disposed to this eruption had better make a trial of Homœopathy, at the first outbreak of the complaint, under suitable professional direction.

Any part of the external surface of the body, but especially the skin of the face, may afford a site for these painful little *pustules*.

*Symptoms.*—The eruption consists of distinct *pustules* (in appearance, not unlike very minute boils), seated on a hard inflamed base, which suppurate imperfectly, generally leaving behind them small, hard, red tumours, which are very slow in disappearing. Some degree of pain and soreness is experienced before the *pustules* come to maturity.

\* Often so-called in a familiar way of speaking. The term "pimple" does not, however, *scientifically* apply to this eruption, which is *pustular*, although, in its first stage, or when it continues imperfect in its development, it has a greater resemblance to a *pimple* than to a *pustule*.



*Treatment.*—In slight cases, ARNICA, 3 globules, 3rd dilution, administered three nights running, will often cause their absorption. A course of the following remedies taken occasionally, in the order prescribed, four or five days or a week apart; viz., MERCURIUS SOL., 3 globules, 12th dilution, NUX. VOM., 3 globules, 12th dilution, and SULPH., 3 globules, 18th dilution, will generally suffice when the constitution is otherwise healthy.

*Diet etc.*—The exciting causes, such as too great a proportion of animalized food, spices, stimulants, etc., should be prohibited, and a light, wholesome, and nutritious diet enjoined. (See also SKIN DISEASES.)

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#### BLACKHEADS. BLACK WHELK (*Achne punctata*).

Blackheads, as they are commonly called, are nothing more than unusual concretions of *sebaceous* matter, in the minute *excretory ducts* (tubes) of the *sebiparous*\* glands, the exposed

\* The function of the SEBIPAROUS (*sebiparus*, producing a substance resembling tallow) GLANDS consists in the elaboration of a peculiar greasy substance, which serves to protect the surface of the skin from the corroding effects of the perspiration.

surfaces of which, at the openings of these ducts, become blackened by the dirt of the atmosphere: hence their name.

Unless the obstructed ducts are freed from these hardened secretions, painful welks, or even small boils, will be produced by the irritation thus occasioned.

*Symptoms.*—Blackheads are usually found imbedded in the skin of the face (more especially about the forehead and nose), where they have the appearance of *small and slightly raised black points*. When squeezed out by gentle and careful pressure, a blackhead resembles a small bit of thread, or tiny maggot, into which shape it has been moulded in the excretory duct. When a little *pustule* (welk) has formed, the black point may be seen like a core in the centre.

*Treatment.*—The blackheads ought, if possible, to be extracted before they have had time to cause suppurative inflammation; and, in order to this, the skin in which they are imbedded should be well bathed and fomented with very warm water, and then briskly rubbed with a hand towel. When this plan fails, gentle, yet steady, pressure, made by a finger on each side of a blackhead, will generally effect its satisfactory dislodgement. Violent squeezing must never be had recourse to: it would only induce

painful inflammatory irritation of the surrounding parts. It is better to let a blackhead take its chance, when gentle means have failed to remove it.

Any soreness which might result after either of the little operations just detailed, will soon be relieved by a lotion consisting of one part of MOTHER TINCTURE OF ARNICA to 40 parts of cold water.

When the irritation in the obstructed duct has gone on to the formation of a whelk, or of a small boil, the blackhead in the centre had better be left alone until suppuration has taken place, when it may be squeezed out by gentle pressure. In the meantime, ARNICA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part morning and night, followed by HEPAR SULPHURIS, 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part morning and night, may be given to hasten the suppurative process. Occasional fomentations with warm water will be grateful to the inflamed surface.

*Diet and Regimen.*—The same as in skin diseases. (See SKIN DISEASES.)

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\* See FOOT NOTE at page 82.

GREAT POCK (*Ecthyma*).

Great Pock is a *non-contagious pustular* eruption, which is usually dependent upon some constitutional condition of the patient for its development. It sometimes occurs in connection with other skin diseases (more especially during the period of convalescence from certain of the eruptive fevers), or with some chronic inflammation of the digestive organs.

The following are the two principal varieties; viz., The Common Great Pock (*Ecthyma vulgare*), which is the mild and partial form of the disorder; and the Unhealthy Great Pock (*Ecthyma cachecticum*), which attacks old persons, whose constitutions have been shattered by long-continued habits of intemperance, as well as the neglected children of the poor, in whom constitutional disease has been induced by privations of every kind.

*Symptoms.*—The COMMON GREAT POCK (*Ecthyma vulgare*) is comparatively a mild disorder, limited to a small portion of the skin (usually of one of the limbs), and seldom lasting beyond a week or a fortnight. The eruption consists of *large, round, and generally distinct, pustules, seated upon a hard, inflamed base*, which, when

they have attained their full development, vary in size from that of a silver penny to that of a shilling, or even of half-a-crown. The *pustules*, as they come out, gradually enlarge and inflame for two or three days, when they break and pour out their matter, which dries up into thick brownish scabs. The scabs soon fall off, leaving behind red marks, which, in their turn, gradually fade away. The fever, which attends this form of the disorder, is slight.

The UNHEALTHY GREAT POCK (*Ecthyma cachecticum*) is a severer and more general disease, sometimes extending over the whole body, as well as the limbs; it may be prolonged for months by a continuous succession of fresh eruptions. The *pustules* come out and go through the same course as in the milder form, but in a more tedious, painful, and irregular manner; the surrounding skin is harder and more inflamed; *the scabs are darker in colour (almost black), and so adherent that they do not fall off for weeks, or even months*; there is also a greater amount of fever during the eruptive phases. In this variety, unhealthy ulceration often succeeds the accidental tearing off of a scab.

*Treatment.*—In the ORDINARY GREAT POCK (*Ecthyma vulgare*), give MERCURIUS SOLUBILIS, 9 globules (or 1 or 2 drops), 5th dilution, in

solution,\* a sixth part every four hours, three times a-day, or morning and night (according to the urgency of the case); and continue to administer MERC. SOL., in solution, in the same manner (prolonging the interval between each dose, as the symptoms become less acute); or in the mildest forms of the disorder, MERC. SOL., 3 globules, 12th dilution, every two or three days, until all the *pustules* have become matured, and nothing remains but the falling off of the scabs.

When convalescence has commenced, exhibit, three or four days after the last dose of the MERC. SOL., SULPHUR, 9 globules (or 1 or 2 drops), 5th dilution, a sixth part morning and night; and, four days after the last dose of the solution, SULPHUR, 3 globules, 18th dilution.

ACONITUM, 9 globules (or 1 or 2 drops), in solution, may be given, in doses of a sixth part, either by itself or in alternation with the indicated remedy, whenever there are symptoms of fever.

In the UNHEALTHY GREAT POCK (*Ecthyma cachecticum*), the treatment will vary with the *acuteness* or *chronicity* of the symptoms.

During the *Acute phases* of the disorder, give MERCURIUS SOLUBILIS, 9 globules (or 1 or 2

\* See FOOT NOTE at page 82.

drops), in solution, a sixth part every four hours, three times a-day, or morning and night (according to the urgency of the case); and continue to exhibit this remedy in the same manner as in Ordinary Great Pock. Should, however, the symptoms continue unrelieved, after two or three days' exhibition of the MERC. SOL., substitute ARSENICUM ALBUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, for administration in the same way.

BELLADONNA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may occasionally be given in the place of any of the above remedies; and in like manner, when either painful headache attends the disorder, or painful (*erysipelatic*) inflammation attacks the skin which surrounds the *pustules*.

ACONITUM, 9 globules (or 1 or drops), 3rd dilution, in solution, may be administered, in doses of a sixth part, either by itself or in alternation with any of the above remedies, at intervals of four or six hours, whenever febrile symptoms arise.

During the *Chronic phases* of the disease, give ARSENICUM ALBUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part morning and night; and, three days after the last dose, ARS. ALB., 3 globules, 18th dilution;

then wait four days or a week, and administer SULPHUR, 9 globules (or 1 or 2 drops), 5th dilution, a sixth part morning and night; and, three days after the last dose of the medicine in solution, SULPHUR, 3 globules, 18th dilution.

This course of remedies may be repeated, from time to time, with a week's interval between each repetition, provided the patient be improving: otherwise, professional advice (which, when easily obtained, ought to be had recourse to, in the treatment of this variety, from the first) is imperatively necessary.

*Diet and Regimen.*—During the acute periods of either form of this disease, the diet should be light.

During the chronic state of the unhealthy variety, the patient ought to have the most nourishing food which his digestive powers will admit of. In some cases (especially those of old persons whose constitutions have been shattered by poverty and vice), beer and wine may be requisite.

Habits of cleanliness (both general and personal) should be insisted upon; and, when practicable, removal to a more healthy atmosphere recommended. (*See also SKIN DISEASES.*)



SCALL (*Porrigo*).

Scall is characterized by an eruption of *straw coloured pimple-like pustules*, the fluid contents of which, as they escape, harden into yellow scabs. The removal of the scabs exposes a raw surface, upon which the eruptive process and scabbing are constantly being renewed.

Ringworm of the Scalp, Bald Scall (which is also called Ringworm), and Honey-comb Scall constitute its principal varieties. They are all *highly contagious*; especially the first two.

*Symptoms.*—RINGWORM OF THE SCALP (*Porrigo scutulata*) commences with the evolution of *clusters of small pimple-like pustules*, in one or more *patches of an irregularly circular form*. The *areas* of the patches gradually enlarge; the hair upon them changes colour, and, at length, is destroyed at the roots, falling off with the scabs, and leaving behind patches of baldness.

In BALD SCALL (*Porrigo decalvans*) there is commonly no other perceptible indication of disease but patches of complete baldness, of a very white and smooth appearance, which are more or less circular in form; the hair which surround these patches is of the usual thickness.

**HONEY-COMB SCALL** (*Porrigo favosa*), or **SCALLED HEAD**, consists of eruptions of *large soft straw-coloured pustules*. This Scall usually appears on the head; sometimes it affects the face and limbs. The *scab*, which results from the bursting of the *pustules*, is very characteristic, being *soft, yellowish or greenish, and semi-transparent, and having a very irregular surface indented into hollows*: hence the name “Honey-comb Scall.” Considerable ulceration occasionally takes place under the scabs.

*Treatment*.—Give RHUS TOXICODENDRON, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part morning and night; and, after an interval of three days, SEPIA, 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part morning and night: then wait three days and administer RHUS TOX., 9 globules (or 1 or 2 drops), 3rd dilution, a sixth part morning and night; and, after an interval of three days, SULPHUR, 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part morning and night; lastly, give SEPIA, 3 globules, 18th dilution, and SULPHUR, 3 globules, 18th dilution, in alternation, at an interval of a week; and, if necessary, repeat them once more.

*Diet and Regimen*.—A good wholesome and

\* See FOOT NOTE at page 82.

nourishing diet should be enjoined, and habits of cleanliness insisted upon.

In the Honey-comb Scall, the hair should be cut close to the scalp, and accumulations of the scabs should be removed, from time to time, with mild soap and lukewarm water, care being taken to wash away the soap with plain water before drying the head. When the scabs are very thick, it is a good thing to anoint the affected parts with olive oil, in order to keep down those vegetable growths, which are apt to spring up among them.

Children who are affected with any form of Scall, should not be allowed to come in contact with their healthy companions. (*See also SKIN DISEASES.*)

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#### ITCHING RASH (*Prurigo*).

Itching Rash is a *non-contagious papular* disorder, which is usually mild in the comparatively young and healthy: in older persons, especially those of unsound constitution; and in women, at the "turn of life," it is often a very distressing complaint.

*Symptoms.*—The eruption consists of *pimples*, of the same colour as the adjoining skin, which

*occasion intense itching.* Any portion of the *cutaneous* surface may be affected. The most distressing forms of the disorder are those in which the skin immediately connected with the outward openings of internal organs (*e. g.*, at the opening of the lower bowel), is affected.

*Treatment.*—In mild cases, give SULPHUR, 9 globules (or 1 or 2 drops), 5th dilution, in solution,\* a sixth part morning and night; and, after an interval of three days, administer SULPHUR, 3 globules, 18th dilution: then wait a week and exhibit MERCURIUS SOLUBILIS, 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part morning and night, followed, after an interval of three days, by MERC. SOL., 3 globules, 12th dilution. When febrile symptoms attend the disorder, ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may be given in occasional doses of a sixth part.

*Diet and Regimen.*—A light mixed diet, devoid of heating food and stimulants, in which farinaceous aliments, prepared with milk, and well cooked vegetables should greatly exceed the proportion of animal food, will prove the most suitable. Buttermilk, whey, and other similar cooling drinks, are greatly to be recommended.

An occasional tepid bath will be greatly con-

\* See FOOT NOTE at page 82.

ducive to the patient's comfort. When the itching is severe, the part affected may be washed with bran-water. In extreme cases, a lotion, composed of 1 part pure honey to 3, 4, or 6 parts lukewarm water, will sometimes succeed when the bran-water has afforded no relief. (*See also SKIN DISEASES.*)

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SUN RASH (*Lichen*) AND PRICKLY HEAT (*Lichen tropicus*).

Sun Rash is a *non-contagious papular* disorder : it is usually preceded by more or less derangement of the digestive functions, and by fever, which cease at the appearance of the eruption. The duration of the disorder is usually from two to three weeks; but, owing to a succession of fresh eruptions, it may be prolonged several months.

*Symptoms.*—The Sun Rash is characterized by an extensively diffused eruption of red *pimples*, which terminates in scurf exfoliations; more or less irritation of the skin is experienced in all its varieties.

In the SIMPLE SUN RASH (*Lichen simplex*), the pimples usually appear about the face and arms, and in four or five days extend to the trunk: sometimes the eruption becomes general.

In the CIRCUMSCRIBED SUN RASH (*Lichen circumscriptus*), the pimples occur in clusters or patches of an irregularly circular form.

In the WILD or SEVERE SUN RASH (*Lichen agrius*), the pimples occur in large "angry-looking" patches of a bright red colour; the skin is apt to become chapped and raw; and the eruption is attended with much itching, scalding, and painful tingling.

In the TROPICAL SUN RASH, or PRICKLY HEAT (*Lichen tropicus*), the eruption appears chiefly in those parts of the *cutaneous* surface, which are much covered by clothing: it is attended with extreme itching, heat, and pricking sensations; so much so, as to cause the patient to scratch himself raw.

*Treatment.*—In any of the mild forms of Sun Rash, give ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, and BRYONIA ALBA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* in doses of a sixth part alternately every four hours; followed by BRY. ALB. (or BELLA-DONNA, if the skin be very red and inflamed), 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part morning and night: then, two or three days after the last dose of the medicine in solution, administer SULPHUR, 9 globules (or

\* See FOOT NOTE at page 82.

1 or 2 drops), 5th dilution, in solution, a sixth part morning and night; and, after an interval of three or four days, repeat SULPHUR, 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part morning and night; lastly, four or five days after the last dose of the dissolved medicine, exhibit SULPHUR, 3 globules, 18th dilution, two or three times, at intervals of a week.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, may be given in occasional doses of a sixth part, at any period of the disorder, when there is fever.

*Diet and Regimen.*—The food should be very light and the drink cooling. Sudden alternations of temperature ought to be avoided; and whatever is likely to irritate the skin, in the shape of clothing, should be removed. (See SKIN DISEASES.

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#### SCALY TETTERS (*Lepra psoriasis*).

Some of the most inveterate of skin diseases are to be found among the *Scaly* eruptions: happily none are *contagious*.

The SCALY or COMMON LEPROSY (*Lepra vulgaris*), the SCALY TETTER (*psoriasis*), and the

DANDRIF (pityriasis), are the chief types of this class. In the first two, the scales are comparatively large; in the last, they are very small. Only the mildest forms of these several varieties are likely to be relieved or cured by the treatment prescribed: the more inveterate require professional management.

*Symptoms.*—These tetter commences with a few slightly elevated red patches: the patches gradually increase in number and size, and *soon become covered with scales, which are constantly falling off and being renewed.* The patches of Common Leprosy are *rounder, more elevated at the circumference, and more depressed in the centre,* than those of the Scaly Tetter. The *bran-like scales* of Dandrif are still more characteristic. Although not confined to any particular part of the body, the Scaly eruptions usually come out about the limbs, especially at the bend of the joints. Compared with the generality of other chronic skin diseases, the local irritation which they occasion is inconsiderable.

*Treatment.*—Give ARSENICUM ALBUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part morning and night; and, at an interval of three days after the last dose, administer ARS. ALB., 3 globules, 18th dilution: then wait

\* See FOOT NOTE at page 82.



a week and give GRAPHITES, 6 globules, 18th dilution—or 9 globules (or 1 or 2 drops), 5th dilution, when there happens to be a choice of dilutions—in solution, a sixth part morning and night; and lastly, at an interval of three days after the last dose of the medicine in solution, exhibit GRAPHITES, 3 globules, 18th dilution. If necessary, after waiting a week or ten days, the whole of the above course may be repeated once more.

*Diet and Regimen.*—A light mixed diet, devoid of stimulants, in which farinaceous aliments and well cooked vegetables should exceed the proportion of animal food, will be the most suitable. An occasional tepid bath will be useful for cleansing the skin. (*See SKIN DISEASES.*)

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WARTS.

These unsightly excrescences may appear upon almost any part of the body; but they are usually observed about the hands. As their presence depends upon constitutional causes, there must be always some risk in trying to suppress them by excision or by cauterization.

*Treatment.*—Administer DULCAMARA, 3 globules, 12th dilution, for three successive nights;

wait three days, and repeat this medicine as before : then, in about four days after the last dose, exhibit NITRI ACIDUM, 3 globules, 12th dilution ; and, if necessary, after a further interval of four days, NITRI ACIDUM, 3 globules, 12th dilution, once more.

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## BOILS.

A Boil is a small inflammatory tumour (usually about the size of a hazel-nut), commencing in the *cellular* (fatty) *tissue*, immediately beneath the *true* skin, through which it gradually finds an issue by a painful process of suppuration *from within outwards*.

*Symptoms*.—At first, the tumour is hard, red, of a circular form, and acutely tender to pressure. In a few days, the inflammation increases, and throbbing pain is experienced; the boil *comes to a head*, and *suppurates with a core in the centre*, which is discharged with the *purulent* matter, and all pain ceases.

*Treatment*.—During the inflammatory stage, give ARNICA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part twice or thrice a-day, according to the urgency of the

\* See FOOT NOTE at page 82.

symptoms. When, however, the inflammation is great, **BELLADONNA**, 9 globules (or 1 or 2 drops), 3rd dilution, administered in like manner, will be preferable. As soon as suppuration commences, exhibit **HEP. SULPH.**, 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part twice or thrice a-day, until it bursts. After the Boil has freely discharged, give **MERC. SOL.**, 3 globules, 12th dilution, at night; and lastly, in four days, **SULPH.**, 3 globules, 18th dilution.

**ACONITUM**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may be administered, in doses of a sixth part, either occasionally by itself, or else in alternation with any of the indicated remedies, whenever frequency and fullness of the pulse, or other symptoms of fever exist. In very slight cases, begin with **ARNICA**, 3 globules, 3rd dilution; then, in two nights, repeat the dose; and lastly, in three nights more, give **SULPH.**, 3 globules, 18th dilution.

When a Boil (especially if it be a large one) has come to a head, and is about to burst, it sometimes happens that the hardness and tension of the skin afford a mechanical obstacle to the free issue of the matter, thereby causing a great increase of the suffering. In such a case, the local application of a warm bread-and-water, or linseed, poultice (which should be removed,

from time to time, as it gets cold) will be of great service, in conjunction with the above-prescribed remedial treatment.

*Diet, etc.*—The diet should be light in all cases.

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## CORNES.

Corns arise in the first instance from hardening and thickening of the outer skin, which becomes at length connected with, and as it were rooted in, the true skin beneath. They are principally confined to the feet.

*Causes.*—Long-continued pressure from tight shoes or boots ; sometimes, however, family predisposition alone.

*Treatment.*—Bathe the feet every other night, for the space of six or eight days, in a warm ARNICATED lotion (1 part MOTHER TINCTURE of ARNICA to 40 or 50 parts of *warm water*), until the skin becomes soft ; then pare the Corns carefully without injuring the quick ; and, lastly, apply a piece of ARNICA PLASTER\* to the affected

\* When ARNICA PLASTER cannot be procured, a small piece of linen rag steeped in an ARNICATED lotion (1 part ARNICA tincture to 15 or 20 parts water) may be substituted. A piece of oil-silk (secured in its place by a strip of isinglass or soap plaster) should be placed over this dressing, in order to prevent evaporation.

parts. ARNICA, 3 globules, 3rd dilution, and SULPH., 3 globules, 18th dilution, may occasionally, but not too frequently, be taken, in alternation, at intervals of four or five days.

The exciting cause should, if possible, be removed.

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BUNIONS.

A Bunion is a painful, irritable, and, when neglected at the outset, permanent, swelling, caused by the long continued unequal pressure of a tight shoe or boot, on one of those surfaces of the foot (*e. g.*, the instep and ball of the great toe), which, from the natural prominence of their outline, are most exposed to this kind of injury.

*Symptoms.*—The first indications are redness and painful swelling of the affected part, which soon subside, if the undue pressure be at once removed. Should, however, the exciting cause be still persisted in, the part becomes more and more painful, the swelling and redness increase, until the pressure can no longer be borne. The patient having at length been compelled to give up his tight shoe or boot, the redness and pain gradually subside; at first the swelling feels

soft, and as though it contained fluid; but, after a time, it becomes hard and solid. By this time, a permanent Bunion has been formed, all the acute symptoms of which will recur from the slightest irritation.

When the undue pressure has acted for any length of time on the ball of the great toe, the joint is gradually thrown out of its place and the toe pushed inwards; so that the shape of the foot is irremediably spoilt. In unhealthy constitutions, Bunions in this situation are liable to very troublesome *suppurative*\* inflammation.

*Treatment.*—In the first instance, bathing the irritated part with a lotion consisting of 1 part of the MOTHER TINCTURE of ARNICA to 20 or 30 parts of cold water twice a-day, for two or three days running, together with the permanent removal of all undue pressure, will suffice to prevent the formation of a Bunion.

In the case of a fully developed Bunion, which has become painful and inflamed from mechanical injury, the part should be fomented with hot water two or three times a-day, and, after each fomentation, it should also be bathed with an ARNICA lotion, in the proportion of 1 part of the MOTHER TINCTURE of ARNICA to 30 or 40 parts of cold or lukewarm water; this plan

\* *I.e.*, to the formation of abscesses.

may be pursued for two or three days. At the same time, ARNICA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* may be given, in doses of a sixth part, every four hours or three times a-day. Should, however, the inflammatory symptoms be followed by the formation of matter, a hot bread-and-water poultice will be preferable to the ARNICA lotion; and HEPAR SULPHURIS, 9 globules (or 1 or 2 drops), 5th dilution, in doses of a sixth part, every four hours, or three times a-day, will also be more suitable as a constitutional medicine.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, in doses of a sixth part, may be alternated with any of the above remedies, when indicated by symptoms of fever. For the constitutional tendency to *irritable* Bunions, which exists in some cases, even when the exciting cause is no longer in operation, the following remedies, viz., BRYONIA, 3 globules, 12th dilution, SULPHUR, 3 globules, 18th dilution, BELLADONNA, 3 globules, 12th dilution, and CALC. CARB., 3 globules, 18th dilution, administered, in succession, at intervals of four days or a week, may be of service.

*Diet and Regimen.*—The diet should be light when the Bunions are inflamed.

\* See FOOT NOTE at page 82.

Those who suffer habitually from *irritable* Bunions, ought either to have their shoes or boots made from lasts which have been modelled to their feet, or else to have the covering of the soles made of soft and elastic materials, such as cloth or silk.

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## CHILBLAINS.

Chilblains are specific inflammations of limited portions of the skin of the hands and feet (especially of the fingers and toes), induced by cold.

*Symptoms.*—Chilblains are generally of a red colour, hard and shining; and accompanied with tingling and excessive itching, which are aggravated by heat. They may become inflamed, hot, and burning; or else soft and swollen, and of a bluish livid tint, with itching and throbbing pain, in which last case they manifest a great tendency to burst.

*Treatment.*—*In the first case*, when the sufferings are not acute, or the inflammatory symptoms are very slight, the following medicines may be exhibited in succession every fifth night: viz., ARNICA, 3 globules, 3rd dilution, SULPH., 3 globules, 18th dilution, and PULS., 3 globules, 12th dilution. If necessary, these medicines may be repeated once or twice more, in the same



manner, an interval of a week or ten days being allowed between each course. *In the second case*, when the symptoms are inflammatory, and the sufferings acute, begin with BELLADONNA, 9 globules (or 1 or 2 drops). 3rd dilution, in solution,\* a sixth part thrice a-day; then give ARSENICUM, 9 globules, 3rd dilution, also in solution, a sixth part thrice a-day, followed, a day or two after, by BELL., 3 globules, 12th dilution; and lastly, in three or four days more, administer ARS., 3 globules, 18th dilution, and SULPH., 3 globules, 18th dilution, at a week's interval.

*Diet and Regimen.*—Persons who are subject to Chilblains should avoid *too suddenly approaching the fire*, in order to warm their cold hands and feet; more especially *immediately after coming in from the external air*, and during the winter season. It is, on the contrary, much better to warm the extremities gradually by rubbing. A little attention to diet generally will also be advisable.

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WHITLOW.

This is an exceedingly painful inflammatory swelling at the extremities of the fingers, gene-

\* See FOOT NOTE at page 82.

rally situated at the side of the nail, and usually terminating in suppuration.

*Symptoms.*—A hard swelling is first perceived at the tip of the finger, which gradually becomes tense, hot, and painful. In a few days, the local heat and pain greatly increase, and the violent throbbing which is felt in the tumour indicates the formation of matter. As soon as a free discharge has ensued, after the abscess has *pointed* (come to a head), all the painful symptoms subside. Thirst, loss of appetite, and frequency of pulse usually attend severe cases.

*Treatment.*—In ordinary cases, MERCURIUS SOL., 9 globules (or 1 or 2 drops), 5th dilution, in solution,\* a sixth part, thrice a-day, or MERC. SOL., 3 globules, 12th dilution only, according to the urgency of the symptoms, administered at the very commencement, will sometimes be sufficient to arrest its course. When matter has formed, give HEP. SULPH., 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part every four hours, or thrice a-day, in order to promote the *pointing* of the abscess, and continue its exhibition until a free discharge has been effected; then, in a day or two after the last dose of the dissolved medicines, administer MERC. SOL., 3 globules, 12th dilution; and lastly,

\* See FOOT NOTE at page 82.

in four days more, SULPH., 3 globules, 18th dilution.

ACONITUM, 9 globules, 3rd dilution, in solution, may be administered, in doses of a sixth part, either by itself, or in alternation with any of the preceding remedies, if symptoms of fever indicate its use.

When the skin is hard and tense, fomentations of hot water will be of service by increasing its elasticity; and, just as the abscess has come to a head and is about to burst, bread-and-water or linseed poultices may be applied, from time to time, in order to soften the integuments. Other mechanical interference will rarely be required.

In the more serious cases, where the gathering is extensive, and the matter, instead of coming freely to the surface, is burrowing under the tendinous structures (a state which is invariably indicated by the intense, deep-seated, throbbing pain felt in the palm of the hand and up the arm), professional interference is imperative, and the less it is delayed the better.

*Diet and Regimen.*—Light food should be enjoined for a few days, especially if there is fever. Gentle exercise in the open air, when the weather permits, will be beneficial, seeing that it tends to the improvement of the general health.

## ABSCESS.

The term Abscess is applied to a collection of *pus* (matter) which has taken place in the texture of any part of the body.

As a general rule, the formation of Abscesses (whether *acute* or *chronic*) has an intimate connection with the *constitutional habit* of a patient.

In unhealthy and especially in scrofulous constitutions, Abscesses are apt to be followed by chronic ulcers.

*Symptoms.*—An **Acute Abscess** is attended with inflammatory action in the affected part, which is painful and swollen. After a time, matter forms (which is sometimes indicated by distinct chills or *rigors*, as they are called); the pain becomes throbbing; the cavity fills; and the Abscess gradually *points*, *i.e.*, “comes to a head.” The skin over the spot which has *pointed* becomes thinner, and finally bursts, permitting the escape of the imprisoned matter. In a healthy acute Abscess, the matter is thick and creamy.

A **Chronic Abscess** generally occurs in so insidious a manner (on account of the low degree of inflammation which attends its formation),

as not to attract attention until it has attained a considerable size. When first detected, it has the appearance of an obscure tumour, with more or less distinctness of *fluctuation* (rolling of fluid) when handled, according to its distance from the surface. It is free from pain, swelling, and redness, unless it be far advanced, or accidentally inflamed. When, however, from increased distension, or accidental irritation, it puts on a more *acute* character, the skin reddens, inflames, and ulcerates, and the matter is discharged. The matter of a chronic Abscess is thin and *serous* (like whey), sometimes containing curd-like flakes. In some unhealthy constitutions, the drain from an open Abscess (especially, if it be a large Chronic Abscess, dependent upon disease of the bone) may be so great as to induce hectic fever.

Abscesses of both kinds are prevented from "coming to a head," when they occur under deep-seated tendinous structures. In the case of an *Acute* Abscess, the pain becomes excruciating; whilst, in a *Chronic* Abscess, which is less sensitive, the matter goes on burrowing all the more insidiously.

*Treatment.*—During the inflammatory stage of an *Acute Abscess*, give BRYONIA ALBA, 9 globules (or 1 or 2 drops), 3rd dilution, in solu-

tion,\* a sixth part twice or thrice a-day, or every four hours (according to the urgency of the case); and continue to exhibit this medicine until either *resolution* (the subsidence of the Abscess before matter has had time to form) is effected, or *suppuration* commences. When, however, there is *much inflammatory redness* of the surrounding skin, or the *glands* in the vicinity *are swollen and inflamed*, BELLADONNA, 9 globules (or 1 or 2 drops), 3rd dilution, similarly administered, will be preferable to BRYONIA. As soon as matter begins to form, give HEPAR SULPHURIS, 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part every four, six, or eight hours (according to the urgency of the symptoms); and continue its exhibition until the Abscess bursts and freely discharges its contents. Lastly, if the case is doing well, a day or two after the last dose of the medicine in solution, administer successively, BRY. ALB. (or, in the case of a Glandular Abscess, BELLADONNA), 3 globules, 12th dilution; SILICEA (or, in the case of a Glandular Abscess, CALCAREA CARBONICA), 3 globules, 18th dilution, BRY. ALB. (or BELL.) 3 globules, 12th dilution, and SILIC. (or CALC. CARB.), 3 globules, 18th dilution, at intervals of four days.

\* See FOOT NOTE at page 82.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may be administered, in doses of a sixth part,—either occasionally by itself, or else in alternation with any of the indicated remedies,—whenever fulness and frequency of the pulse, heat of skin, or other symptoms of fever, are present during the *acute* stages.

When the Abscess is “coming to a head,” the local application of a warm bread-and-water, or linseed-meal, poultice (which should be renewed from time to time as it gets cold) will, in addition to the remedial treatment, prove of great service in promoting the *suppurative* process, as well as affording mechanical relief to the painful tension of the parts. After the Abscess has discharged freely, a piece of lint or old linen rag, *wrung out* (so as to retain its moisture without being dripping wet) of cold, or very slightly tepid, water, should be laid on the part, and well covered over (in order to prevent evaporation) with a piece of oil-silk or *gutta percha* membrane, which should be secured in position either by a light bandage, or by strips of soap plaster.\*

\* In order to make the strips adhere, the back of the plaster must first be warmed by being drawn against the sides of a smooth jug, filled with boiling water, or against a hot Italian iron.

In the case of a slight **Chronic Abscess**, give BRY. ALB. (or, if it be *glandular*, BELLADONNA), 9 globules (or 1 or 2 drops), 3rd dilution, in solution; a sixth part morning and night, followed, after an interval of two days, by SILICEA, 9 globules (or 1 or 2 drops), 5th dilution; then, two or three days after the last dose of the medicine in solution, administer successively BRY. ALB. (or BELL.), 3 globules, 12th dilution, MERC. SOL., 3 globules, 12th dilution, and SILICEA, 3 globules, 18th dilution, at intervals of four or five days. In very favourable cases, absorption may be induced by the above treatment. The Abscess, may, however, assume a more active form; in which case it should be treated as an Acute Abscess.

Only the mildest forms of either kind of Abscess should be the object of *non-professional* treatment.

Whenever the matter of an Abscess is deeply seated, or pent up beneath tendinous tissues, mechanical interference becomes imperative; and, accordingly, a medical practitioner should be called in without delay. It may sometimes be advisable to lance an Abscess which has formed in a conspicuous situation (in order to prevent an unsightly scar), and which, but for this circumstance, might have been left to go through



the ordinary course, with greater advantage to the patient's constitution.

*Diet and Regimen.*—When the case is acute, a light diet will be suitable: otherwise, a healthy and nourishing diet, together with as much exercise in the open air as the patient can enjoy without fatigue or risk of taking cold, should be enjoined.

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#### INFLAMMATION.

(See SUDDEN AND ACUTE INFLAMMATORY AFFECTIONS.)

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#### FEVER; FEBRILE OR INFLAMMATORY SYMPTOMS.

In all cases, when heat of skin, thirst, fulness and frequency of the pulse—in fact, what are termed febrile or inflammatory symptoms—predominate, ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* may be administered in doses of a sixth part, every two, *three*, or *four hours*, or thrice a-day, according to their intensity; either by itself or else when these symptoms are attendant upon a more marked disorder (such as Rheumatism, Head-

\* See FOOT NOTE at page 82.

ache, etc.), in alternation with any other remedy more especially indicated under the head of such a disorder.

(See also SUDDEN ACUTE INFLAMMATORY AFFECTIONS.)

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AGUE AND ITS VARIETIES. INTERMITTENT  
FEVER. REMITTENT FEVER.

The common exciting cause of this disorder is a peculiar atmospheric *miasm* (hurtful air), to which the inhabitants of marshy or badly-drained districts are more especially exposed. Errors in diet and exposure to wet often bring back Ague symptoms, in patients who have had frequent attacks.

*General Symptoms.*—In its characteristic form, the *paroxysm* or *fit* of INTERMITTENT FEVER consists of *three distinct and successive stages*, viz., the *cold*, the *hot*, and the *sweating* stage: after which, a marked cessation of all the febrile symptoms, or *intermission* (as it is called), takes place, until the next paroxysm. The length of time, or *interval* (as it is termed), between the commencement of one fit and the beginning of the next, serves to determine the *type* of the Intermittent: thus, the *quotidian interval* is

twenty-four hours, the *tertian* forty-eight, and the *quartan* seventy-two hours. When the disorder consists of *paroxysms*, in which the *intermissions* are imperfectly marked, or are still attended by febrile symptoms, although in a milder degree, it is designated REMITTENT FEVER, which is only another and more common form of Ague. *Intermittents*, however, not unfrequently change their *types*: thus, *quotidians* may turn into *tertians*, and *tertians* into *quartans*; and, *vice versa*, *Intermittents* may assume the *remittent* form, and *Remittents* become *intermittent*.

It must not be forgotten that, in both varieties of Ague, the symptoms of one *stage* may be more marked than those of another, or even altogether absent; again, the usual order of succession and relative duration of the different *stages* may be changed; lastly, the symptoms may belong to no regular *type*,—what a patient would describe as “agueish symptoms,”—constituting a form of *latent* (lurking) Ague, which is sometimes occasioned by the abuse of quinine, when administered in large material doses.

*Symptoms of a regular Paroxysm.*—The approach of the *Cold Stage* is usually marked by more or less languor, dull headache, and general indisposition; depression of spirits; dull pains all over, especially about the back and loins; a sense

of chilliness (which the state of the external temperature does not account for), or a feeling as if cold water were running down the back. After a while, these symptoms are followed by distinct shivering, shaking of the limbs, and chattering of the teeth; the breathing becomes oppressed and hurried; the dull headache increases, and the mind becomes stupified. When the sensation of cold is severe, the skin, which has changed to a pale sallow or yellow hue, becomes shrivelled, and the countenance assumes a shrunken appearance. Violent thirst, or even absence of thirst; nausea, and vomiting of food or bile; a confined (rarely a relaxed) state of the bowels; a foul tongue; pain at the pit of the stomach, or flatulent distension, and other symptoms indicative of a disordered state of the digestive functions, may be present throughout this stage; but the urine is usually remarkably clear and limpid. The Cold Stage may continue from a few minutes to four or five hours; its average duration is from one to two hours.

The *Hot Stage* now succeeds by a gradual transition. At first, passing flushes of heat are experienced; the skin loses its pale colour and becomes red and flushed, whilst the intensity of the headache increases. When the Hot Stage is fully established, the sense of internal

heat and restlessness are, at times, almost insupportable; usually, the thirst is intense, the tongue dry and covered with a brown coating; the breathing hurried and anxious; and the pulse quick and full; the urine becomes scanty and dark coloured, and the inaction of the bowels generally continues. The duration of this stage may vary from one or two to as many as twelve hours; the general average being from three to four hours.

*Sweating Stage.*—The perspiration generally breaks out first about the forehead and neck, and, after a time, over the whole body: it is sometimes so profuse as to soak through the bed-clothes. The urine, which is now passed, usually deposits much red sediment after it has cooled. When this stage is fully established, all the distressing symptoms of the preceding stage subside; and, unless there have been frequent attacks, the patient seems to have regained his former health until the recurrence of the next *paroxysm*. This stage is of intermediate duration between the Cold and Hot stages.

*Treatment.*—In slight cases of either kind (Intermittent and Remittent), which have been induced *solely by marsh-miasm*, where the previous health of the patient has been unaffected, CHINA OFFICINALIS, 6 globules, 12th—or better

still, 9 globules (or 1 or 2 drops), 3rd, when a choice of dilution exists—dilution, may be given, in solution,\* a sixth part, morning and night, or, on the day of the recurrence of the *ague fit* (in the case of a regular Intermittent), a short time before and immediately after the *paroxysm*.

ARSENICUM ALBUM, 9 globules (or 1 or 2 drops), 3rd dilution, similarly administered, in doses of a sixth part, will be preferable to the CHINA, in the *remittent* type; in that irregular *intermittent* form, where the different stages are either indistinctly marked, or abnormal in their succession; and in most of the obscure varieties of Ague.† This medicine is also indicated, when an abuse of quinine in material doses has been already made.

In any form of Ague, where the digestive organs have been previously disordered and continue so (more especially, when there is a tendency to bilious headaches, nausea, vomiting of bile, accumulations of flatulence, and inaction of the bowels), NUX VOMICA, 9 globules (or 1 or

\* See FOOT NOTE at page 82.

† The author, as well as several of his colleagues, have succeeded in curing some of the most obstinate of these obscure types of Ague (which had previously resisted the usual remedies), with a few doses of CIMEX LECTULUS (2 drops), 3rd dilution, similarly administered.

2 drops), may be given, in solution, in doses of a sixth part, *every morning\** (or *just before the ague fit*); whilst IPECACUANHA, 9 globules (or 1 or 2 drops), 3rd dilution, may be administered, in doses of a sixth part, *every night* (or *immediately after the ague-fit*). During the *paroxysm*, no medicine ought to be given, as a general rule. ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in doses of a sixth part, may be given at the beginning of the *Hot Stage*, and repeated once more when that stage is at its height, in cases where the fever runs high. Should the exhibition of any of the above remedies prove successful, a week after the last dose, SULPHUR, 9 globules (or 1 or 2 drops), 5th solution, may be administered, a sixth part, morning and night, followed, after a further interval of a week, by SULPHUR, 3 globules, 18th dilution.

*Diet and Regimen.*—The diet in the treatment of Ague ought to be moderately nutritious. Animal food should not be allowed while the tongue is foul, the skin hot, the thirst considerable, and the accessions liable to recur. With regard to clothing, flannel next the skin is indispensable. Exercise, both active and passive,

\* Fresh solutions of the NUX VOM. and IPECAC. should, for obvious reasons, be made everysecond or third day.

is to be recommended. The most certain method of effecting a cure and favouring the action of the remedies, is by removing the patient from the action of the physical causes of the disease; either by conveying him away from the locality in which he has been attacked, or by raising him, as much as possible, above the reach of the noxious exhalations. The inhabitants of marshy districts should therefore sleep in the upper rooms of their houses, and never on the ground-floors. These rooms ought to be kept very dry and clean; at the same time they should be thoroughly aired by opening the windows for two or three hours in the middle of the day (when the weather is fine), and kept closed during the other portions of the day,

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SIMPLE CONTINUED FEVER. SIMPLE INFLAMMATORY FEVER (*Synocha simplex*). DIARY FEVER.

Diary Fever, being of a purely inflammatory type, is the most simple and least serious form of Continued Fever. It usually runs through its course in *twenty-four*, thirty-six, or seventy-two hours.



It should be borne in mind, more especially when low fevers are prevalent in the neighbourhood, that in patients of unsound constitution, Simple Inflammatory Fever may pass into one or other of the more serious forms of Continued Fever. (*See COMMON OR MIXED CONTINUED FEVER.*)

Exposure to sudden alternations of temperature, irregularity in diet, over-fatigue of body or mind, are among the common exciting causes.

*Symptoms.*—The attack is usually preceded by a sudden sensation of cold and shivering; to which a feeling of general uneasiness succeeds. In the course of some hours, the skin becomes hot and dry; the breathing oppressed and hurried, with increased rapidity, fulness, and strength of the pulse; the tongue furred, the breath offensive and hot, and the water scanty and high coloured: loss of appetite, thirst, a sense of bruising and soreness in the body and limbs, and sometimes headache, are complained of. The bowels are generally confined. The return of the strength and appetite announce the approach of convalescence. In some cases, copious perspiration, or relaxation of the bowels, precedes the termination of the febrile symptoms.

*Treatment.*—**ACONITUM**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* administered in doses of a sixth part every four hours, or thrice a-day, and continued, in solution, at similar intervals and in like manner, until the febrile symptoms abate, will in general be all the treatment required.

When a profuse perspiration breaks out upon the skin, **MERCURIUS SOLUBILIS**, 9 globules (or 1 or 2 drops), 5th dilution, may be given, in solution, a sixth part every four hours, in alternation with the **ACONITUM**.

*Diet and Regimen.*—Pure water, toast and water, or light water-gruel, will suffice during the acute symptoms. Due precaution against taking cold should be observed; and, in any doubtful case, the patient had better remain in bed for a day or two.

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COMMON OR MIXED CONTINUED FEVER (*Synochus*).

GASTRIC OR BILIOUS FEVER. NERVOUS, TYPHOID, AND TYPHUS FEVER.

The mixed kind of Continued Fever, being

\* See FOOT NOTE at page 82.

usually of a *low type*, is of longer duration, and more liable to serious complication, than *Diary Fever*. The more closely, however, it resembles that simple elementary *type*, the shorter and safer will its course be; and *vice versâ*.

In its mildest form, that of uncomplicated **Gastric** or **Bilious Fever**, the duration may vary from one to two or three weeks; whilst, in the **Nervous** or **Typhoid** (resembling *Typhus*), and in the still more formidable variety, fully developed **Typhus**, the duration may extend to four, or even six weeks.

A depressed and shattered state of the nervous system being in itself a strong *predisponent* to *low types* of disease, whatever tends to increase this condition, or to induce it in an aggravated form—*e. g.*, too long sustained exertion of body or mind, over-anxiety, privation, and want—may become an exciting cause of Continued Fever. The surest and most dangerous of all the exciting causes of Low Fever, is that pestilential condition of the atmosphere (engendered by putrifying animal and vegetable substances) which prevails more or less in all badly drained districts, but more particularly in the crowded, ill-ventilated dwellings of the neglected poor, where *Typhus* may be said to have a “local habitation.”

*Symptoms.*—More or less languor and indisposition to mental and bodily exertion; aching in the back and limbs; occasional chilliness; flushing of the face; sometimes dull headache; thirst, and loss of appetite, with a weak irregular pulse, are the usual *preliminary* symptoms. As the attack approaches, the general indisposition increases; the tongue becomes coated with a white fur (which has sometimes a glazed appearance); inaction of the bowels generally follows, whilst clear urine still continues to be passed; the breathing now becomes oppressed; and coldness of the surface of the body, and chills running down the back and loins are complained of. After a time (some days, it may be), the coldness and chilliness are succeeded by increased warmth (generally dry heat) over the whole surface of the body; the pulse becomes fuller (but not so strong as in genuine inflammatory disorders) and quicker; and the fever is fully developed. At this period, the *type* of the disease may, in most cases, be recognized.

In simple **Gastric** or **Bilious Fever**, *those symptoms which are more immediately dependent upon the state of the digestive organs,—viz., more or less sensitiveness and fulness at the pit of the stomach, or over that portion of the right*

side where the liver is situated; distension of the belly, tainted condition of the breath, inaction or looseness of the bowels; sometimes vomiting of bile, and voiding of scanty, dark-coloured urine—predominate; whilst *the nervous symptoms*—viz., the general restlessness, headache, prostration of strength, watchfulness, preternatural excitement or obtuseness of the external senses, delirium and stupor—which, in fevers of *low type* are so much to be dreaded, *are comparatively of secondary importance*. When, however, the fever puts on a **nervous** or **typhoid** form, an aggravation of all the *nervous* symptoms takes place; the tongue gets covered with a dry brown fur: loathsome black crusts (*sordes*) form on the lips and gums; the breath becomes extremely fetid; and those characteristic spots, like flea-bites (only much darker), about the chest and *abdomen* are sometimes observed. In favourable cases of Continued Fever, delirium occurs, for the most part, only during the nightly aggravation to which all febrile disorders are subject; the patient continues sensible to thirst, drinks plentifully, and swallows without pain; and the urine continues to be voided. The turn of the fever and the approach of convalescence are usually indicated by perspiration, a cloudy state of the

urine, or by slight looseness of the bowels. In the worst forms of **Typhoid Fever** and **Typhus**, a peculiar "drunken" expression of the countenance is remarked; the patient, although in a state of unconscious stupor, has also a strange propensity to sink down in the bed and pick the bed-clothes; the delirium is constant, day and night; and the pulse sometimes becomes so quick and, at the same time, so weak and irregular, as not to be counted. Hiccough, convulsions, rattling in the windpipe, and *coma*, are the harbingers of death.

*Treatment.*—In slight cases, or—pending the arrival of professional advice—in the more serious forms of Continued Fever, **BRYONIA ALBA**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* should be given, as soon as the *preliminary* symptoms are observed, every six or eight hours. When, however, fevers of a *low type* are prevalent in the neighbourhood, **PHOSPHORI ACIDUM**, 9 globules (or 1 or 2 drops), 3rd dilution, had better be alternated (with the **BRYONIA**), in doses of a sixth part, every four or sixth hours; its exhibition being discontinued as the pulse rises in strength and frequency, and the heat of the skin becomes general.

\* See FOOT NOTE at page 82.

BRYONIA, 9 globules (or 1 or 2 drops), 3rd dilution, may also be administered, in doses of a sixth part, every four, six, or eight hours (according to the urgency of the symptoms), when the fever is fully established, and continued in the same way throughout the course of the disease, provided the fever maintains the simple *gastric* or *bilious type*. Should, at any period of the disease, bilious symptoms—such as tenderness in the situation of the liver, yellowness of the skin, bitter taste, a very foul and thickly-coated tongue, vomiting of bile, or tendency to loose bilious stools—arise, MERCURIUS SOLUBILIS, 9 globules (or 1 or 2 drops), 5th dilution, may be alternated (with the BRYONIA), in doses of a sixth part, every four or six hours.

RHUS TOXICODENDRON, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part every four, six, or eight hours, may be administered, from the very first, in those exceptional, yet most serious cases, where *Typhus* sets in apparently without any *premonitory* symptoms; or this remedy may be substituted for the BRYONIA at any period of a *gastric*, *bilious*, or other fever, in which the symptoms become *typhoid*. When, from the tendency to the disorganization of the blood, which occurs in the advanced stages of the worst forms of *typhoid*

and *typhus* fever, the *prostration of strength and nervous stupor become excessive* (more especially, *if dark offensive motions*—consisting chiefly of decomposed blood—and *strong smelling “ammoniacal” urine are passed involuntarily*), PHOSPHORI ACIDUM, 9 globules (or 1 or 2 drops), 3rd dilution, should be given, alternately with the RHUS TOX., in doses of a sixth part, every four or six hours.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, may be alternated with any of the indicated remedies, when the pulse is full and frequent, the skin hot, and thirst complained of. On account of the *low type*, which characterizes the more prolonged varieties of Continued Fever, the alternate or occasional exhibition of this remedy will seldom be of service beyond the first three or four days from the time that the fever has fairly set in.

As long as the patient is doing well, and no discomfort is felt, it is not of the slightest consequence if the bowels continue inactive for ten days, or even a fortnight. Should, however, any inconvenience, real or imaginary, occur from this cause, mechanical relief may be afforded by the administration of a lukewarm water injection. When convalescence has set in, and the medicines in solution have been discontinued.



the exhibition of OPIUM, 3 globules, 12th dilution, at night, followed by that of NUX VOMICA, 3 globules, 12th dilution, the next morning, will generally suffice to restore the natural functions of the bowels.

Any constitutional weakness, which might remain after the fever, will, in favourable cases, yield to the administration of CHINA OFFICINALIS, 3 globules, 12th dilution, followed by SULPHUR, 3 globules, 18th dilution, after an interval of four days or a week.

*Diet and Regimen.*—The rules laid down (see pages 40 and 41 of the present work) with respect to the dietetic treatment of acute disease, are equally applicable to Continued Fever. It ought never to be forgotten that, as long as a patient (whose consciousness continues unimpaired, and whose instincts may consequently be generally depended upon) is perfectly satisfied with toast and water, gruel, barley water, or other light fluid aliments of a similar kind, no greater folly can be committed than to force him to take more nutritious food. In the worst forms of Typhoid and Typhus Fever, when the patient is no longer conscious of his sensations and the nervous prostration is excessive, it may be necessary to keep up the little remaining strength by the judicious ad-

ministration of chicken broth, or even of port wine or hot spirits and water, in quantities of one or two tea-spoonfuls at a time. During the first period of convalescence, the greatest care should be taken in apportioning the proper quantity and quality of food to the strength of the digestive powers: the slightest error in this matter may bring on a relapse.

The sanitary measures which are recommended during the prevalence of Asiatic Cholera (*see* ASIATIC CHOLERA), ought to be equally enforced when *low* fevers are rife. The contagion of *Typhus* is very much diminished, when such precautions are taken.

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## SHIVERING.

This symptom is generally a forerunner of some acute disorder.

*Treatment.*—When there is no other perceptible ailment, ACONITUM, 3 globules, 3rd dilution, should be taken at once. (*See also* FEVER, and ATMOSPHERIC INFLUENCES.)

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INFLAMMATION AND SWELLING OF THE  
GLANDS.

The fatty tissues in which the glands are imbedded, in general, participate to a greater or less extent in the inflammatory process.

*Symptoms.*—The affected glands are swollen, and tender to the touch; shooting pains are occasionally experienced in them, and the surface of the surrounding skin is hot and red. In slight cases, these symptoms gradually subside without suppuration. When the affection is chronic, the glands are hard, but the swellings are inconvenient and unsightly, rather than painful; the skin retains its ordinary colour, and there are no urgent inflammatory symptoms.

*Treatment.*—In slight *acute cases*, begin with BELLADONNA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part every four hours, or three times a-day; then give MERC. SOL., 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part thrice a-day. Should shooting and throbbing indicate a tendency to suppuration, administer HEP. SULPH., 9 globules (or 1 or 2 drops), 5th dilution, in solution, a

\* See FOOT NOTE at page 82.

sixth part every four hours, or thrice a-day, according to the urgency of the case. (*See also* ABSCESS.)

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may be given at similar intervals, in doses of a sixth part, either by itself, or alternately with any of the other indicated remedies, when symptoms of fever manifest themselves.

A day or two after the last dose of the medicines in solution, BELL., 3 globules, 12th dilution, followed by MERC. SOL., 3 globules, 12th dilution, and CALC. CARB., 3 globules, 18th dilution, at intervals of four days, will generally suffice.

In very slight cases, the medicines in solution may be omitted.

In slight *chronic cases*, administer the following remedies in the order prescribed: viz., MERC. SOL., 3 globules, 12th dilution; CALC. CARB., 3 globules, 18th dilution; MERC. SOL., 3 globules, 12th dilution; and lastly, SULPH., 3 globules, 18th dilution. An interval of five days between the first and second, of ten days between the second and third, and, lastly, of five days between the third and fourth of these medicines, should be observed.

*Diet and Regimen.*—In *acute cases*, the diet

should be light, and, for a few days, animal food should be prohibited; in *chronic*, nutritious and wholesome aliments are indispensable. Fresh air and moderate exercise should be enjoined, when there are no inflammatory symptoms, or when these have subsided.

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#### INFLAMMATION OF THE BRAIN.

(See SUDDEN AND ACUTE INFLAMMATORY AFFECTIONS.)

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#### FAINTING.

Fainting may be induced by a variety of causes, such as over-exertion, fright, general debility, loss of blood, etc., which must be taken into account in the administration of remedies; or it may occur as one of the symptoms of a great many diseases.

*Treatment.*—Place the patient in the horizontal position, with the head on a level with, or, if anything, rather below the level of the feet. Loosen all tight kerchiefs, clothes, etc., about the neck and body; then sprinkle a little

cold water about the face, chest, and pit of the stomach. If this does not suffice to restore consciousness, and the patient becomes cold, CAMPHORATED SPIRITS, or CAMPHOR only, should be applied to the nostrils.

As the patient comes to himself, he may sip a little *cold water*, or a little *very weak brandy and water* (two or three tea-spoonfuls of *pure brandy* to a wine-glassful of *water*), until the feeling of faintness has subsided.

When recovery has taken place, the patient should be allowed to rest, and after a little repose, varying from a quarter of an hour to two or three hours, a cup of beef-tea, with a few sippets of toast, will often prove grateful and restorative.

CHINA, 6 globules, 12th\* dilution, in solution,† a sixth part every four hours, or thrice a-day, when loss of blood has been the exciting cause, or when there is great temporary weakness, will suffice in slight cases; or until competent advice can be had, in more serious ones.

In a general way, NUX VOM., 9 globules (or 1 or 2 drops), 3rd dilution, a sixth part thrice

\* CHINA, 9 globules (or 1 or 2 drops), 3rd dilution, will be best, when that dilution is at hand.

† See FOOT NOTE at page 82.

a-day, or NUX VOM., 3 globules, 12th dilution only, will often be of service.

*Diet and Regimen.*—Persons in whom feelings of faintness are easily induced, should neither go for any length of time without food, nor fatigue themselves to exhaustion.

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#### CONGESTIVE HEADACHE.

*Symptoms.*—Heat of head, accompanied with redness and flushing of the face, fulness and throbbing in the forehead and temples, dizziness, confusion of thought, buzzing and humming in the ears, etc.; inability to stoop from rushing of blood to the forehead; shooting, darting, aching, or piercing pains, of variable intensity, are often experienced in different parts of the head: and there is sometimes great sensitiveness to light and sound.

*Treatment.*—Give BELLADONNA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part every four hours, twice or thrice a-day, or else BELL., 3 globules, 12th dilution only, according to the urgency of the case. When there is fulness and frequency of the pulse, ACONITUM, 9 globules (or 1 or 2 drops),

\* See FOOT NOTE at page 82.

3rd dilution, in solution, in doses of a sixth part, may be given in alternation.

In slight chronic cases, BELL., 3 globules, 12th dilution, and CALC. CARB., 3 globules, 18th dilution, may be given alternately, at intervals of five or six days, and repeated once or twice if necessary.

*Diet and Regimen.*—The diet should be light when the pains are acute, and at all times stimulants should be carefully avoided. Moderate exercise in the open air should be enjoined, and over-exertion, physical and mental, should be guarded against.

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#### NERVOUS HEADACHES.

*Symptoms.*—These are various. The pains may be of an aching, darting, shooting, tearing, pressing, or piercing character; general or partial; periodical or otherwise; sudden or gradual in their invasion and cessation; they may be accompanied with drowsiness or wakefulness, local heat, febrile symptoms, disorder of the digestive organs, etc.

*Exciting Causes.*—1. Mental emotions; 2. Mental exertion; 3. Bodily fatigue; 4. Exposure to atmospheric influences; 5. Dietetic



errors; 6. Affections of various portions of the organism which sympathize with the brain.

The treatment will vary with the causes.

For the treatment of slight cases which have been induced by one or other of the first five exciting causes, the reader is referred to **MENTAL EMOTIONS, MENTAL EXERTION, BODILY FATIGUE, ATMOSPHERIC INFLUENCES**; and, also, to **SLIGHT DISORDERS ARISING FROM THE INFRACTION OF DIETETIC RULES**.

In a general way, **NUX VOMICA** will be indicated, when the headache is chiefly confined to the forehead, and is characterized by dull, aching, shooting, or darting pains, with heaviness and confusion of the head, and sensation as though the front of the head were being forced out of its place; these symptoms are frequently accompanied with a confined state of the bowels, and more or less disorder of the digestive functions. In such cases, **NUX VOM.**, 9 globules (or 1 or 2 drops), 3rd dilution, may be given, in solution\*, a sixth part every four, six, or eight hours; or else **NUX VOM.**, 3 globules, 12th dilution, followed by **CARBO ANIMALIS** (CHEPMELL'S preparation), 3 globules, 18th dilution, four days afterwards.

\* See FOOT NOTE at page 82.

When, however, the headache is of a *neuralgic* kind, or accompanied by *neuralgic* pains in the face, CARBO ANIMALIS (CHEPMELL'S preparation), 9 globules (or 1 or 2 drops), 5th dilution, a sixth part every four, six, or eight hours, will be more suitable. Should the pain still continue urgent after the exhibition of the second dose, BELLADONNA, 9 globules (or 1 or 2 drops), 3rd dilution, may be given alternately, in doses of a sixth part, every three or four hours.

The sympathetic headaches, which come under the sixth division of the exciting causes, are without the range of domestic practice.

*Diet and Regimen.*—The food should be light, when the sufferings are acute; otherwise a moderately nutritious and wholesome diet, combined with regular exercise in the pure fresh air, will prove a beneficial accessory to the remedial treatment.

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#### SICK HEADACHES.

(See BILIOUS ATTACKS.)

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#### GIDDINESS.

This symptom, where it occurs without any apparent cause, will often have been brought on

by a previously disordered state of the digestive functions. In ordinary cases, it will readily yield to the treatment prescribed under the head of Indigestion. (*See* INDIGESTION.)

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#### DETERMINATION OF BLOOD TO THE HEAD.

In slight cases, the treatment prescribed for Congestive Headaches will suffice. (*See* CONGESTIVE HEADACHES.)

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#### APOPLEXY.

The name of Apoplexy is given to that terrible group of symptoms, in which the whole of the internal and external senses undergo either a temporary suspension or complete abolition, whilst the function of respiration still continues to be performed—symptoms which are invariably dependent upon that state of the vessels of the brain which precedes hemorrhage, or upon effusion of blood, which has actually taken place.

A fatal termination of *true* Apoplexy almost never occurs before three or four, and, rarely, before twenty-four, or even forty-eight hours, have elapsed since the commencement of the

fit.\* Moreover, a first attack does not usually prove fatal.

The fit (as it is popularly termed) is generally preceded by certain *premonitory* symptoms, which ought to induce the patient at once to seek competent advice. Nevertheless, as an attack may come on suddenly without any such warning, it is right that the friends of the patient should know how to act during the unavoidable delay of medical assistance; and, accordingly, such an emergency has been contemplated in this work.

*Premonitory Symptoms.*—Frequent fits of giddiness, with feeling of weight and fulness in the head, and throbbing of the vessels; transitory interruptions of the senses of sight and hearing; spectral hallucinations; double vision; noises in the head; buzzing and ringing in the ears, and other similar symptoms, will often, in the first instance, indicate that the circulation in the head is not in a healthy state. If to these the following are conjoined; viz., *excessive drowsiness, unusual loss of memory, thickness and faltering of speech* (in a person whose articulation was previously distinct), *transitory*

\* Many cases of sudden death, chiefly resulting from organic diseases of the heart, have been erroneously ascribed to apoplexy.

*numbness or paralysis of the extremities, or else paralytic quivering of one or more of the muscles of the face*, then it may be inferred that an actual attack is near at hand, and that it may occur on the first application of an exciting cause.

*Symptoms.*—There are two well-marked forms in which the apoplectic attack may occur.

1. In the *first*, the patient *falls down suddenly, deprived of sense and motion*, and lies like a person in a deep sleep, from which the usual efforts made to arouse him are unavailing, seeing that he is insensible to sound and to external impressions.

The following symptoms are observed during the fit, viz. :—

*Loss of speech, with occasional utterance of inarticulate sounds, more or less contortion of the features, foaming at the mouth*, and flushed state of the countenance; *the limbs lie motionless and relaxed, or else there may be rigid contraction of the muscles of one side with relaxation of those of the other*, whilst the skin is usually warm and moist with gentle perspiration. *The breathing is slow and embarrassed, often accompanied with a peculiar harsh snoring termed stertor*; moreover, *the pulse, which is generally weak at first, becomes fuller and stronger as the system recovers from the shock*; but it is usually slower than natural.

*A cold clammy perspiration on the brow, pallor of the face, a dull and glassy appearance of the eyes; extreme difficulty or impossibility of swallowing, with convulsive rigidity of the jaws, and clenched teeth; great sluggishness of the bowels, or involuntary evacuations; prolonged stertorous respiration, and stupor, indicate the greatest danger, being not unfrequently the harbingers of death.*

2. In the second form, a sudden attack of paralysis of one side, with loss of speech, precedes and after a lapse of some hours, passes into the ordinary apoplectic state which has just been described.

In either form of apoplexy, when the termination is not speedily fatal, the patient gradually recovers some degree of sight and hearing, and manifests consciousness of surrounding objects.

*Exciting Causes.*—1. Stooping, or placing the head in a dependent position; 2. Severe muscular efforts; 3. Tight kerchiefs, girdles, corsets, and other articles of dress which impede the circulation by compressing the blood-vessels; 4. Surfeits and other dietetic errors; 5. Extremes of temperature; and 6. Mental emotions.

*Treatment.*—The patient should, if possible, be conveyed, without loss of time, to a large well-ventilated room, where the cool air can be freely admitted around him. His head should be raised,

bandages of every kind, especially neck-kerchiefs or corsets (in the case of females), ought to be removed, and at the same time *hot-water bottles and flannels* may, with great advantage, be applied to the feet.

The remedial treatment ought now to be directed to the exciting cause, when known; and, accordingly, a remedy should be chosen in reference to it, and administered, in the first instance, either by itself (if adapted to the whole circumstances of the case), or in alternation with any other remedy, which might appear more suitable to the actual symptoms of the case. When, however, the exciting cause cannot be discovered, the remedy must be selected in accordance with the actual symptoms.

In a general way, 15 or 20 globules (or 2 or 3 drops), of the 3rd dilution of any of the following medicines may be administered, in solution,\* singly, or in alternation (according to their respective appropriateness to the case), in doses of a sixth part every ten or twenty minutes, half-hour, hour, or two hours; the intervals of repetition being prolonged or shortened in proportion to the rapidity or slowness with which the system recovers from the shock.†

\* See FOOT NOTE at page 82.

† In a case where the teeth of the patient are so firmly

ARNICA is indicated in cases when paralysis of the limbs, especially of the *left* side, occurs with loss of consciousness; *stupor*, with snoring respiration and *moaning*; *blueness* of the face and extremities, *particularly of the nails*; and *involuntary motions of the bowels, and passing of water*; or when violent or too long-sustained bodily exertion has been the exciting cause.

BELLADONNA is indicated, when the following are the most prominent symptoms; viz.,—*Heat of head, with beating and throbbing of the blood-vessels; redness and swelling of the face; dilatation of the pupils of the eyes; drowsiness with loss of consciousness; loss of speech, the mouth being drawn to one side; difficulty or impossibility of swallowing*; sometimes paralysis of the limbs, more commonly of the *right* side, or *convulsive movements* of the limbs, but *especially of the muscles of the face*; and *foaming at the mouth*. This remedy may be alternated with LACHESIS,\*

clenched as not to admit of opening his mouth, the indicated remedy must be administered in the form of an enema (injection). Two or three tea-spoonfuls of lukewarm water may be added to the dose prescribed, for the convenience of injecting. Immediately after the administration of the medicated enema, a plug of *cotton-wadding* should, if necessary, be inserted into the orifice of the bowels, in order to ensure its retention.

\* The 5th dilution will be the best.



when the attack has been caused by *sun-stroke*; or when the patient is known to suffer from organic disease of the heart.

NUX VOMICA will be appropriate when the attack has been *preceded by feelings of sickness (nausea)* or marked symptoms of indigestion; and when *paralysis of the extremities, especially of the lower, afterwards*, seems to be the most urgent symptom. This remedy may also be given, when too free or habitual an use of beer, wine, or other stimulating drinks, has been an exciting cause.

OPIUM should be administered, when the attack is *preceded by frequent fits of excessive drowsiness, heaviness of the head, and stupor*; and when *during the attack, profound stupor, with slow and snoring (stertorous) breathing; a slow and full pulse; dilated pupils, with insensibility to the light; redness and bloatedness of the face; foaming at the mouth*; and rigidity of the limbs, or convulsive movements of the arms, afford the most marked indications for the treatment. This remedy may also be exhibited, when sudden stupifying fright has brought on the attack.

ACONITUM will be of service, when there are *very marked* symptoms of febrile reaction; such as *increased rapidity, strength and fulness of the pulse, heat of skin, etc.*

When the bowels are confined, and the abdomen (belly) feels hard and tense, an *enema* (injection) of lukewarm water (from a pint to a pint and a-half) should be given to relieve them.

The *mechanical* advantages to be derived from *blood-letting* are seldom so great as to compensate for the risk of the fatal depression which but too frequently ensues upon its indiscriminate use; and upon this point the best authorities, even of the old school, are agreed.\* The conscientious practitioner will, however, decide upon its propriety, or otherwise, according to the circumstances of the case.

*Diet and Regimen.*—Toast and water, or plain water, or else very weak water-gruel, may be given occasionally by spoonfuls, if the patient seems thirsty and is able to swallow. No other nutriment should be allowed until its exhibition has been sanctioned by competent advice.

Persons who are predisposed to apoplexy, should live temperately. They must likewise avoid sudden alternations of temperature, and getting their feet wet; and, above all things, over-exertion and excitement, mental as well as physical.

\* See a collection of Cases of Apoplexy by Edward Copeman. London, 1845.

## PALSY, OR PARALYSIS.

Palsy consists in the total or partial loss of the power of voluntary motion or sensation, or of both, in consequence of some affection (whether of a temporary or permanent character) of the brain, or of one or more of the nerves.

The following are the forms under which Paralysis may occur; viz.,—Lateral Palsy (*hemiplegia*), affecting one half of the body, divided vertically; Transverse Palsy (*paraplegia*), affecting one half of the body, divided horizontally; and Local or Partial Palsy, affecting a single limb, set of muscles, or sense.

Lateral Palsy is the most common. It usually depends on a lower or less intense degree of the same morbid state which takes place in apoplexy; hence it often begins with, or succeeds, a fit of apoplexy.

Transverse Palsy, being more immediately connected with actual disease of the brain or spinal cord, is in general the most formidable variety.

Partial Palsy may be limited to the part in which it is first observed, or it may gradually pass into one or other of the preceding varieties.

The exciting causes of Palsy and Apoplexy are often the same.

*Symptoms.* — **Lateral Palsy** (*hemiplegia*) is usually preceded by similar *premonitory* symptoms to those which occur in an ordinary attack of apoplexy. (*See* APOPLEXY.) At first, transitory numbness in a hand or foot, dizziness in the head, confusion of thought, indistinctness of speech, and other signs indicating impaired dominion of the will over the muscles, are observed. After a time, the mouth becomes distorted, whilst the utterance is paralysed, and the *saliva* dribbles away; the patient can no longer raise his arm from his side, and his leg drags motionless. In serious cases, the opposite side is convulsed.

Occasionally, however, slight dizziness or drowsiness, and some degree of numbness, are the only *premonitory* symptoms experienced, and the patient is amazed at finding an arm or a leg paralysed. When the *paralytic stroke* is sudden, it is dependent upon some *apoplectic* condition. An attack of Lateral Palsy seldom goes on to a fatal termination, without first passing into Apoplexy.

**Transverse Palsy** (*paraplegia*) does not—except in the case of severe mechanical injuries which are generally fatal—take place in the

comparatively sudden manner of the preceding form. A variety of symptoms, referable to that morbid condition of the brain or spinal cord upon which this kind of Paralysis may follow, in almost all cases, leads a patient to seek professional advice, before its actual occurrence. The muscles, on both sides, from the loins downwards, are the parts generally affected.

*Treatment.*—Until professional assistance can be procured, the remedies prescribed in the *paralytic* variety of Apoplexy, will, if selected according to their respective indications, be equally appropriate in any of the forms of Palsy which occur suddenly. As long, however, as the patient retains consciousness, the remedies should not be given oftener than every two, three or four hours. (See APOPLEXY.)

*Diet and Regimen.*—Gruel, barley-water, cocoa, arrowroot, or other light farinaceous food, may be allowed. The patient should keep his bed, unless in a case of very slight Partial Paralysis.

#### EPILEPSY.

Epilepsy consists in fits of loss of consciousness, sensation, and voluntary motion, which

are attended with more or less muscular convulsion, and followed by stupor.

The most favourable cases (with regard to curability) of this truly formidable affection, are the result of sympathetic nervous irritation, of a temporary character; the most serious are usually dependent upon chronic disease of the brain. The epileptic attack is very seldom fatal.

*Symptoms.*—Although the fit may come on suddenly, it is generally preceded by some *premonitory* symptoms. The most common of these are languor, dulness of spirits, drowsiness, headache, giddiness, singing in the ears, dimness of sight, and other disordered sensations. The most *characteristic* previous symptom, however, is that of a cool air breathing gently on some part of the extremities, and rising gradually to the head (*aura epileptica*). After one or more of these sensations, the patient falls suddenly to the ground, sometimes uttering a loud shriek, deprived alike of consciousness and sensation. *During the fit* (which, on an average, lasts twenty or thirty minutes), the body and limbs are convulsively agitated; the eyes are fixed, and turned up; the tongue thrust out of the mouth, which is covered with foam; and at the same time, gnashing of the teeth; contortions of the face, throbbing of the blood-vessels

(arteries) of the neck ; beating of the heart ; heaving of the chest from oppression of the breathing, and, sometimes, involuntary action of the bladder and bowels also occur, to a greater or lesser extent, according to the severity of the case. As the attack subsides, the patient gradually passes (generally without first regaining consciousness) into a profound sleep, from which he wakes in an exhausted state, often without any recollection of what has occurred.

*Treatment.*—*During the fit*, the patient should be placed in the most comfortable position (usually a recumbent one, with the head slightly raised) that circumstances will admit of ; care being taken to interfere as little with his struggles as may be consistent with the prevention of injury to himself. Neck-kerchiefs, corsets (in the case of females), or other articles of dress, likely to obstruct the circulation of blood, should also be removed without loss of time ; and in order to save the tongue from being severely bitten, a piece of India-rubber, or other tough elastic substance, should at once be inserted between the teeth. In ordinary cases, it is better to wait until the fit has subsided, before giving medicine. Immediately *after the fit*, CARBO ANIMALIS (CHEPMELL'S

preparation), 9 globules (or 1 or 2 drops), 5th dilution, in solution\*, may be given in doses of a sixth part every four hours, or three times a-day.

Any of the following remedies may, however, be exhibited alternately with the *CARB. AN. (CH.)* every four hours, when otherwise indicated; viz.:—

*BELLADONNA*, 9 globules (or 1 or 2 drops), 3rd dilution, in doses of a sixth part, when there is headache, with tendency of blood to the head.

*CHAMOMILLA*, 9 globules (or 1 or 2 drops), 3rd dilution, in doses of a sixth part, when the attack has been brought on by the irritation of teething.

*CINA*, 9 globules (or 1 or 2 drops), 3rd dilution, in doses of a sixth part, when the irritation induced by thread-worms has been the exciting cause.

*ACONITUM*, 9 globules (or 1 or 2 drops), 3rd dilution, in doses of a sixth part, when a febrile reaction takes place.

Three or four days after the last dose of any of the above remedies (which may have been given immediately after the attack), *BELLADONNA*, 9 globules (or 1 or 2 drops), 3rd dilution, may be administered, in doses of a sixth

\* See FOOT NOTE at page 82.



part, morning and night ; then, after an interval of four days, CARB. AN. (CH.), 9 globules (or 1 or 2 drops), 5th dilution, may be exhibited, a sixth part morning and night ; lastly, a week after the last dose of the last-named remedy, BELL., 3 globules, 12th dilution, and CARB., AN. (CH.), 3 globules, 18th dilution, may be given, with a week's interval between the two.

Although slight cases of Epilepsy, which have been caused by sympathetic irritation, may be cured by the above course, it is better to seek professional advice from the first, when it may be had on the spot.

*Diet and Regimen.*—The diet should be light and digestible ; and abstemiousness, rather than indulgence, should be the rule. Wine, malt-liquor, or other stimulating drinks, ought to be strictly forbidden. Moderate and regular exercise in the open air should be taken (if possible, in the company of another person), whenever the weather permits.

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ST. VITUS' DANCE (*Chorea*).

This nervous disorder consists in an irregular and involuntary motion of the voluntary muscles: its origin is very obscure.

*Symptoms.*—Chorea is preceded, in most instances, by a variety of symptoms indicating a disordered state of the digestive organs and imperfect nutrition, such as a capricious, morbid, or ravenous appetite, foul breath, confined habit of the bowels, and often a hard swollen belly. When the convulsive motions appear, they affect the muscles of the limbs, of the neck, of the face, and of the trunk, at different times, and in various ways. Thus, whilst the leg is at rest, the foot may be the subject of incessant movements outwards and inwards. Again, when a patient tries to raise a limb, the act is unsteadily performed, and the whole limb is thrown into irregular involuntary movements. Except in very bad cases, these convulsive movements cease during sleep. The disorder is unattended with pain.

*Symptoms.*—In slight cases, and at the outset of the disorder, give *HYOSCIAMUS*, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part morning and night; and, after an interval of three days, *CARBO ANIMALIS* (CHEPMELL's preparation), 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part morning and night: then, after a further interval of three days, exhibit *HYOS.*, 9 globules (or 1 or 2 drops),

\* See FOOT NOTE at page 82.

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3rd dilution, in solution, a sixth part morning and night; and, after an interval of three days, CARB. AN. (CH.), 9 globules (or 1 or 2 drops), 5th dilution, a sixth part morning and night; lastly, a week after the last dose of the medicine in solution, administer twice, at a week's interval, CARB. AN. (CH.), 3 globules, 18th dilution.

If the disorder be not cured by the above prescribed course, professional advice should be had recourse to.

*Diet and Regimen.*—The diet should be light and easy of digestion, yet sufficiently nourishing. As much out-door exercise (whether active or passive) as the patient can bear, should also be enjoined.

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## NERVOUS DEPRESSION AND LOWNESS OF SPIRITS.

When a state of nervous depression occurs without any moral exciting cause, it will almost invariably be found to depend upon some physical disorder, to which the treatment should be especially directed.

*Treatment.*—In slight cases, where these are the chief symptoms which fix the patient's atten-

tion, give PHOSPHORI ACIDUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part morning and night; then wait two or three days, and, if necessary, repeat this remedy once more in the same way.

*Diet and Regimen.*—Attention should be paid to diet and regimen.

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#### SORENESS AND RUNNING BEHIND THE EARS.

The treatment prescribed under the head of Running Tetter, will suffice for the cure of most cases. When, however, the disorder is very slight, the remedies prescribed in solution may be omitted altogether. (*See RUNNING TETTER.*)

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#### INFLAMMATION OF THE EYES.

The mucous membranes of the eyes are the structures chiefly involved in the ordinary affections of this kind.

*Symptoms.*—Redness of the whites of the eyes, which are commonly said to be bloodshot; itching and heat in the eyes, with a sensation as though sand had got into them; shooting pains;

\* See FOOT NOTE at page 82.

sensitiveness to light, frequent flow of tears, and sometimes a thick glutinous, or gummy discharge, especially from the inner angles of the eyes. The eyelids are generally affected with redness and itching, and more or less smarting pain. Thirst, loss of appetite, and other febrile symptoms, not unfrequently precede, and accompany the affection.

*Treatment.*—In slight cases, begin with MERCURIUS SOL., 9 globules (or 1 or 2 drops), 5th dilution, in solution,\* a sixth part every four hours; then MERC. SOL., 9 globules (or 1 or 2 drops), 5th dilution, also in solution, a sixth part thrice a-day; and lastly, two days after the last dose of the solution, give MERC. SOL., 3 globules, 12th dilution, followed, in four days more, by SULPH., 3 globules, 18th dilution.

When there is fulness and quickness of the pulse, with thirst, heat of skin, or other symptoms of fever, *Aconitum*, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may be alternated with the other medicines, at similar intervals, in doses of a sixth part.

In very slight cases, the medicines in solution may be omitted.

The eyes should be protected by a shade. A

\* See FOOT NOTE at page 82.

little *tepid water* may occasionally be made use of as a lotion.

When the inflammation arises from the presence of something (such as a grain of sand, dust, etc.) which has got into the eye, the foreign body should be carefully extracted. After this little operation, a very weak ARNICATED lotion (5 or 6 drops of the MOTHER TINCTURE of ARNICA to half a tumblerful of cold water) may be applied locally.

*Diet and Regimen.*—The diet should be light for a few days; vivid light should be avoided, and the eyes should be allowed to rest.

Persons, whose eyes cannot bear the strong glare of the summer sun, should wear black crape\* or gauze spectacles. They are superior to the ordinary blue or green glass spectacles, in that they do not present the same mechanical impediment to the healthy action of the atmosphere upon the surface of the eyes.

\* Spectacles of this kind are soon extemporized, by removing the glasses of common spectacles (whether double or single) from their frames, and, in their stead, sewing in a piece of black crape or gauze.

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INFLAMMATION AND SORENESS OF THE  
EYELIDS.

The lining mucous membranes of the eyelids, and, sometimes, the small subjacent glands, are the structures affected.

*Symptoms.*—Soreness and redness of the eyelids, with itching, smarting, or burning pain, with or without increased secretion, falling of the eyelashes, etc.

*Treatment.*—In slight cases, administer **MERC. SOL.**, 3 globules, 12th dilution; followed, in two or three days, by **PULSATILLA**, 3 globules, 12th dilution; and lastly, in three or four days more, give **SULPH.**, 3 globules, 18th dilution.

*Diet, etc.*—The diet should be light for a few days. (*See also* INFLAMMATION OF THE EYES.)

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BLIGHT IN THE EYE.

What is commonly called a “Blight in the Eye” is, in all probability, occasioned by a sudden *extravasation* of blood between the outermost coats of the eyeball.

But for the look of the thing, it is of little

consequence, as the effused blood will be absorbed in a week or ten days.

*Symptoms.*—The patient, without any preliminary warning in the shape of pain or discomfort, is suddenly informed by an acquaintance, or by his looking-glass, that *the white of his eye has turned dark red or nearly black.*

*Treatment.*—Give ARNICA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part morning and night; then administer MERCURIUS SOLUBILIS, 9 globules (or 1 or 2 drops), 5th dilution, a sixth part morning and night; and, lastly, two or three days after the last dose of the dissolved medicine, exhibit MERC. SOL., 3 globules, 12th dilution.

*Diet and Regimen.*—No change need be made in the diet beyond abstaining from stimulants. The eye may be bathed with cold water.

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STYE.

A stye is a kind of small boil, which is situated at the edge of the eyelids. The minute glands which are imbedded in these parts are generally involved in the inflammatory process.

*Symptoms.*—Very small, red, inflammatory

\* See FOOT NOTE at page 82.



tumours, about the size of a pimple, which generally come to a head and suppurate; their formation is usually preceded and accompanied by redness and painful itching of the eyes and eyelids. These symptoms continue, in a greater or less degree, until the styes have run through their course.

*Treatment.*—Begin with PULSATILLA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part thrice a-day; then give MERC. SOL., 9 globules (or 1 or 2 drops), 5th dilution, a sixth part thrice a-day. As soon as suppuration commences—especially if it is attended with throbbing and shooting pain—administer HEP. SULPH., 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part thrice a-day, until either the discharge or the absorption of the matter shall have taken place.

A day or two after the last dose of the dissolved medicines, give PULS., 3 globules, 12th dilution, followed, in four days more, by SULPH., 3 globules, 18th dilution.

In very slight cases, the medicines in solution may be omitted.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, may be given, in solution, in doses of a sixth part, either in alternation with any of the

\* See FOOT NOTE at page 82.

preceding medicines, or else repeated two or three times by itself, when the usual symptoms of fever manifest themselves.

Lukewarm water is the best and most harmless lotion wherewith to allay the local irritation.

To persons who are chronically subject to the formation of styas, and who otherwise enjoy good health, administer PULSATILLA, 3 globules, 12th dilution, and SULPH., 3 globules, 18th dilution, occasionally, at intervals of ten or twelve days.

In such cases, these medicines will seldom require repetition more than once or twice, at the utmost, to effect a permanent cure.

*Diet and Regimen.*—In acute cases, a light diet should be observed, and animal food should be abstained from for a day or two. Exercise in the open air, especially in the shade (if the sun is powerful), will prove beneficial.

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#### COLD IN THE HEAD, OR NASAL CATARRH.

The mucous membranes of the nose and eyes are the principal structures involved in this affection, which is generally induced by sudden alternations of temperature.

*Symptoms. Preliminary Stage.*—More or less headache, with tightness about the forehead,

but more especially at the root of the nose, where a sense of fulness and stuffing is generally experienced. *Secretive Stage*.—In a day or two, these symptoms are succeeded by a discharge from the nose, variable in kind and in degree. The secretion may be thick, or thin and watery, white, yellow or greenish, acrid or mild, scanty or moderate, or else very copious; and attended or not with swelling and soreness of the nose, fits of sneezing, watering of the eyes, thirst, fever, etc. After running a certain course, the discharge gradually ceases.

*Treatment*.—During the preliminary stage,\* give NUX VOM., 9 globules (or 1 or 2 drops), 3rd dilution, in solution,† a sixth part twice or thrice a-day, or every four hours, according to the urgency of the case.

As soon as the secretive stage is established, exhibit MERC. SOL., 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part twice or thrice a-day, if the discharge is thick,

\* If, at the moment a chill is felt, 1 or 2 drops of strong CAMPHOR TINCTURE are taken on a lump of sugar, and repeated once more in about a quarter of an hour, a speedy reaction usually takes place, and the cold is escaped. CAMPHOR is of no use when the cold has set in.

† See FOOT NOTE at page 82.

yellow, or greenish, and not very corrosive ; or else ARSENICUM, 9 globules (or 1 or 2 drops), 3rd dilution, also in solution, in similar doses, and at the same intervals, if it is thin and watery, whitish or greenish, hot, acrid, and scalding. When the discharge is mild, especially in the case of women and children, CHAMOMILLA, 9 globules (or 1 or 2 drops), 3rd dilution, administered in like manner, may, with advantage, be substituted for the MERC. SOL.

As the secretion diminishes, if the case is going on favourably, wait a day or two after the last dose of the medicine in solution ; and then give either MERC. SOL., 3 globules, 12th dilution, or ARSENICUM, 3 globules, 18th dilution, or else CHAM., 3 globules, 12th dilution, according to the preceding indications, followed, in about three or four days more, by SULPH., 3 globules, 18th dilution.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may be administered, in doses of a sixth part, occasionally by itself, or else in alternation with any of the indicated remedies, when fulness and frequency of pulse, or other febrile symptoms, manifest themselves, throughout the course of the affection.

In very mild cases, NUX VOM., 3 globules, 12th dilution, followed, in a day or two, by

MERC. SOL., 3 globules, 12th dilution, or ARS., 3 globules, 18th dilution, or else CHAM., 3 globules, 12th dilution, according to the preceding indications, will generally suffice, without any other remedies.

*Diet and Regimen.*—The diet, from the very first, should be light, and animal food should be partaken of sparingly at the outset of the affection. The less a patient drinks the better; and the more he persists in breathing entirely through the nose, the sooner will his cold be cured. Unnecessary exposure to atmospheric influences should also be avoided.

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#### SORENESS OF THE NOSE.

The mucous membranes of the nose and the adjacent skin are chiefly affected.

*Symptoms.*—Soreness, itching, and irritation in the interior, and at the external opening of the nostrils; small scabs are sometimes formed, which bleed when they are picked.

*Treatment.*—In slight cases, give MERC. SOL., 9 globules (or 1 or 2 drops), 5th dilution, in solution,\* a sixth part twice or thrice a-day; then, two or three days after the last dose of the dissolved medicine, exhibit SULPH., 3 globules,

\* See FOOT NOTE at page 82.

18th dilution, followed by MERC. SOL., 3 globules, 12th dilution, in about four days more; and lastly, in a week or ten days after the third medicine, administer CALC. CARB., 3 globules, 18th dilution.

*Diet and Regimen.*—Attention should be paid to those rules which are favourable to the promotion of the general health.

(As this complaint may be owing to other causes, *see also* TEETHING and WORMS.)

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## BLEEDING OF THE NOSE.

Bleeding of the nose may be merely a symptom, which supervenes in a great many disorders, rather than an affection by itself. It will arise from mechanical injury, from fulness of habit, from congestion of the head, or from general debility, besides a variety of other causes connected with diet, sex, etc.

The treatment will vary with the exciting causes, when these are slight, and of recent origin.

1. In bleeding of the nose from mechanical injury, such as a blow or a fall, ARNICA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* may be given, in doses of a sixth

\* See FOOT NOTE at page 82.

part, every four or six hours. A weak ARNICATED lotion (5 or 6 drops of the MOTHER TINCTURE of ARNICA to half a tumblerful of cold water) may be used locally, if the part is swollen or bruised.

2. In bleeding of the nose, when the patient is of an inflammatory habit, with fulness or frequency of the pulse, ACON., 9 globules (or 1 or 2 drops), 3rd dilution, may be administered in doses of a sixth part, every four or six hours.

ARNICA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part morning and night, will be more appropriate when the bleeding occurs suddenly, having only been preceded by a sensation of crawling and tickling, as if caused by insects in the interior of the nostrils, and when there is no fever.

3. In bleeding of the nose from congestion of the head, BELLADONNA, 9 globules (or 1 or 2 drops), 3rd dilution, may be exhibited, in doses of a sixth part, morning and night; and, two or three days after the last dose of the medicine in solution, followed by BELL., 3 globules, 12th dilution, and, in four days more, by CALC. CARB., 3 globules, 18th dilution.

In bleeding of the nose from general debility, CHINA, 3 globules, 12th dilution, twice administered, at intervals of three days, and

followed by SULPH., 3 globules, 18th dilution, four or five days after the second dose, may be tried.

In bleeding of the nose where no very precise indication for the selection of the appropriate remedy is perceived, NUX VOMICA, 3 globules, 12th dilution, and MERCURIUS SOLUBILIS, 3 globules, 12th dilution, may be alternated once or twice, at intervals of four days.

*Diet and Regimen.*—Persons of a full habit of body, or who are subject to congestions, should be sparing in their diet; they must use no stimulants, and partake of animal food, especially meat, with moderation; they should make a point of taking regular exercise without overheating themselves; and, lastly, they should avoid sudden alternations of temperature. Persons who are weak, and of a spare habit, should, on the contrary, take the most nutritious food, without overloading the stomach.

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## EARACHE.

This complaint is, in general, principally confined to one ear, although both ears may sometimes be equally affected.

*Symptoms.*—Shooting, throbbing, and aching



pains, sometimes extending to the face and teeth, are felt in the affected ear, which is generally hot, and sensitive to the pressure. Deafness, or else painful sensibility to sound of every kind, is not unfrequently complained of. Swelling and tenderness of the glands in the vicinity; heat of skin, thirst, loss of appetite, frequency and fulness of the pulse, and various febrile symptoms, often precede and accompany the disorder. Matter is sometimes discharged from the ear, as the inflammatory symptoms subside.

*Treatment.*—In slight cases, begin with **BELLADONNA**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part every four hours, or thrice a-day; and, if necessary, repeat this medicine at similar intervals, and in the same doses, until the inflammatory symptoms begin to abate; then give **MERC. SOL.**, 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part thrice a-day; or should there be much throbbing pain with formation of matter, exhibit **HEP. SULPH.**, 9 globules (or 1 or 2 drops) 5th dilution, in solution, in doses of a sixth part every four hours, or thrice a-day, instead.

**ACONITUM**, 9 globules (or 1 or 2 drops), 3rd dilution, may be given in solution, in doses of a sixth part, throughout the course of the affec-

• \* See FOOT NOTE at page 82.

tion, but especially at the commencement, when indicated by marked symptoms of fever and inflammation; either in alternation with the other indicated remedies, or else occasionally by itself, as long as the frequency of the pulse continues.

Two or three days after the last dose of the medicines in solution, give BELLADONNA, 3 globules, 12th dilution; then MERC. SOL., 3 globules, 12th dilution, three or four days after; and, lastly, CALC. CARB., 3 globules, 18th dilution, in four days more.

In very slight cases, the medicines in solution may be omitted.

The affected part should be protected from cold by a handkerchief or covering of some kind.

When a painful abscess forms in the ear, a hot poultice may be applied externally; or, better still, a small roasted onion may be put inside the ear, as hot as it can be borne by the patient.

*Diet and Regimen.*—Light diet should be enjoined for a few days. When there is no appetite, and the symptoms are inflammatory, toast and water, gum-arabic water, water-gruel, or barley-water will be preferable to more nutritious aliments. Sudden alternations of temperature, sitting in draughts of air, etc., should be carefully avoided.

## SWELLED FACE AND FACEACHE.

The skin and the textures immediately below the surface, and generally some of the glands, are the parts affected.

*Symptoms.*—Swelling of the face, generally accompanied with heat, tenderness, and tension of the surface; shooting, smarting, or aching pains; sometimes the glands are also inflamed, and occasionally aching in the ears is complained of. Febrile symptoms not unfrequently manifest themselves at the outset of the complaint.

*Exciting Causes.*—1. Atmospheric influences.  
2. Sympathetic irritation, such as that arising from a decayed tooth.

*Treatment.*—In slight cases, begin with *BELLADONNA*, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part every four hours, or thrice a-day; then give *MERC. SOL.*, 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part thrice a-day; and, lastly, two days after the last dose of the medicines in solution, administer *BELL.*, 3 globules, 12th dilution, followed by *MERC. SOL.*, 3 globules, 12th dilution, in four days more.

When there is fulness and frequency of the

\* See FOOT NOTE at page 82.

pulse, ACONITUM, 9 globules (or 1 or 2 drops) 3rd dilution, in solution, may be alternated with any of the preceding medicines, or else given occasionally by itself, in doses of a sixth part.

(For the treatment of SYMPATHETIC SWELLING OF THE FACE, or FACEACHE, *see* TOOTHACHE.)

If necessary, the face should be covered.

*Diet and Regimen.*—Abstinence from animal food, and a light diet, should be enjoined for a few days. Exposure to cold and currents of air should be guarded against. (*See also* ROSE, *Erysipelas*.)

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#### NEURALGIA OF THE FACE (*Tic douloureux*).

This intensely painful affection of the nerves of the face is often of very obscure origin. It may, however, sometimes be traced to hereditary predisposition. When the disorder is confirmed, the slightest cause—even a breath of air—will bring on a *paroxysm*.

*Symptoms.*—The pain is variable in character,—shooting, throbbing, aching, gnawing, tearing, or stinging (as the case may be), or all these combined,—intensity, and duration. It usually comes on in *paroxysms*, and follows the course of

the affected nerve and of its branches. Convulsive twitchings of the muscles of the side of the face which is affected, occur when the *neuralgia* is intense.

*Treatment.*—During the acute paroxysm, give CARBO ANIMALIS (CHEPMELL'S preparation), 9 globules (or 1 or 2 drops), 5th (or 18th\*) dilution, in solution,† in doses of a sixth part, every one, two, three, four, six, or eight hours, according to the urgency of the symptoms.

BELLADONNA, 9 globules (or 1 or 2 drops), 3rd (or 12th\*) dilution, in doses of a sixth part, may be exhibited, in alternation with the CARB. AN. (CH.); either when there is much flushing of the face and congestive headache, or when that remedy does not suffice by itself to afford the desired relief.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd (or 12th\*) dilution, in doses of a sixth part, may be alternated with the CARB. AN. (CH.), when febrile symptoms attend the disorder.

Should a gradual yet steady diminution of the suffering take place after one or more doses of the indicated remedy or remedies, it is better to suspend their administration until the im-

\* The higher dilution is to be preferred in the case of a very sensitive patient.

† See FOOT NOTE at page 82.

provement either ceases altogether, or else comes to a standstill.

A day or two *after the paroxysm* has subsided, administer BELLADONNA, 3 globules, 12th dilution; CARB. AN. (CH.), 3 globules, 18th dilution; BELL., 3 globules, 12th dilution; and CARB. AN. (CH.), 18th dilution, in succession, at intervals of four days or a week.

Professional advice should be had recourse to at once, in all serious cases. Nor should it be neglected in the slighter forms, when the disorder shows a tendency to recur.

*Diet and Regimen.*—The patient should habitually adhere to a plain, light, yet sufficiently nutritious diet, to the exclusion of all heating or highly stimulating aliments, whether solid or liquid. Highly seasoned dishes, spices, malt liquor, wine, alcoholic stimulants, coffee, and strong tea,\* must be abstained from. Sudden transitions of temperature cannot be too carefully guarded against.

\* In the case of highly sensitive patients, it may be advisable to interdict even weak black tea. This is, however, seldom necessary.

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## TOOTHACHE.

This distressing complaint commonly depends upon a variety of well-known causes, such as atmospheric exposure, errors in diet, etc. It may, however, occur merely as an accessory symptom, in a number of diseases, acute as well as chronic, almost independently of the usual causes. The nerves of the sound, as well as those of the decayed teeth are liable to attacks of this kind, although not in the same degree.

*Symptoms.*—These are as variable as the conditions under which they arise, and under which they derive aggravation or relief. Thus: the pains may be shooting, tearing, throbbing, jerking, pricking, aching, burning, etc.; relieved or aggravated by heat or cold, eating or drinking, etc.; attended or not with swelling and soreness of the gums, looseness of the teeth, inflammation of the glands, congestion, faceache, fever, etc.; lastly, the sound as well as the decayed teeth may be affected.

*Treatment.*—The treatment must necessarily vary with the symptoms and the exciting causes, when known.

In a general way, the following indications will suffice.

ACONITUM will always be of service when the

pains are attended with local congestion, heat of skin, thirst, frequency of pulse, and general febrile symptoms.

BELLADONNA should be selected when the sufferings are worse at night, and are accompanied with heat and redness of the face, swelling of the cheeks, headache, determination of blood to the face and head, sympathetic swelling and tenderness of the glands, etc.; and they are sometimes relieved by picking the affected teeth until they bleed.

BRYONIA is indicated in certain kinds of toothache, which are of a rheumatic character; and where the gums and sockets of the teeth, rather than the teeth themselves, are principally affected. This may be ascertained by slightly striking the teeth which appear to be affected with a small key; and, if there is no increase of the pain, BRY. will most likely be the appropriate remedy.

CHAMOMILLA is especially suited to the toothache of children who are troubled with decayed teeth, when several teeth appear to suffer, and it is difficult to say which; or there is redness and swelling of the gums, with heat and redness of one cheek and paleness of the other, excessive peevishness and irritability of temper, etc. CHAMOMILLA is *pre-eminently the medicine* for



*Toothache* : it may be administered, in the most agonizing forms, with a fair probability of success, even in those cases where the patients are so distracted with pain as to be incapable of describing their symptoms.

CHINA, when the toothache is periodical, and when it supervenes after sleepless nights.

MERCURIUS SOLUBILIS, in those cases where the teeth are hollow and decayed, and loose in their sockets ; when the pains are shooting, drawing, and tearing, sometimes extending to the ears, and generally accompanied with increased secretion of saliva, and more or less soreness in the glands ; and, lastly, when the gums are inflamed, and there is a tendency to suppuration.

NUX VOMICA is suitable to the cases of persons (more especially those of a bilious-sanguine temperament) with dark hair and complexion, and of a hasty temper, who are subject to indigestion ; when the sufferings are relieved by warmth, and aggravated by cold air, pressure, and intellectual occupation.

PULSATILLA is adapted to the cases of persons of a mild and timid disposition, with light hair and fair complexion, especially women and children ; when there is a sensation as though the affected nerves were being alternately re-

laxed and tightened; or when the cold air affords relief, whilst heat aggravates; and also when mastication does not materially increase the suffering.

Of these medicines, 9 globules (or 1 or 2 drops), of the 3rd (or 12th\*) dilution, in solution,† in doses of a sixth part, every half hour, hour, two, three, four, or six hours, or else 1, 2, or 3 globules, of the 12th dilution only, according to the urgency of the case, may be given as indicated. If there is a gradual diminution of the sufferings after the first dose of the indicated medicine, it is better not to give the second until the amelioration either ceases or comes to a standstill.

For the chronic tendency to toothache, SULPH., 3 globules, 18th dilution, or CALC. CARB., 3 globules, 18th dilution, repeated once or twice, at intervals of ten days to a fortnight, may be had recourse to occasionally. CALC. CARB. will be preferable where there is a tendency to congestion.

(For the treatment of toothache from other causes, *see* MORAL EMOTIONS, ATMOSPHERIC INFLUENCES, *and also* SLIGHT DISORDERS ARISING FROM THE GUMS.)

\* The higher dilution is to be preferred in the case of a very sensitive patient.

† See FOOT NOTE at page 82.

ING FROM THE INFRACTION OF DIETETIC RULES.)

*Diet and Regimen.*—The patient should abstain from stimulants, and keep to dietetic rules; he should also avoid eating or drinking too hot or too cold things. Persons who suffer from decayed teeth should always wear a handkerchief or comforter before the mouth in cold and damp weather, and, as a general rule, should shun all sudden alternations of temperature.

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#### GUM-BOILS.

These are small boils which affect the gums and interior of the mouth.

*Symptoms.*—Small, red inflammatory tumours in the gums, which generally come to a head before they disperse, and are usually accompanied with great soreness. The gums and lining membrane of the mouth not unfrequently participate in the inflammatory symptoms, and become red and painful. A copious secretion of saliva often attends the affection.

*Treatment.*—Begin with MERC. SOL., 9 globules (or 1 or 2 drops) 5th dilution, in solution,\*

\* See FOOT NOTE at page 82.

a sixth part every four hours, or thrice a-day ; and continue this remedy at similar intervals, and in the same doses, until the inflammation and soreness have in a great measure subsided. HEP. SULPH., 9 globules (or 1 or 2 drops), 5th dilution, in solution, may be substituted, and exhibited in doses of a sixth part every four hours, or thrice a-day, when the boils are coming to a head : then, in a day or two after the last dose of the medicines in solution has been taken, give MERC. SOL., 3 globules, 12th dilution ; and lastly, in three or four days more, SULPH., 3 globules, 18th dilution.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may be given, in doses of a sixth part ; either in alternation with the preceding medicines, or occasionally repeated by itself, if indicated by fulness and frequency of pulse, heat of skin, thirst, and other symptoms of fever.

In very mild cases, the medicines in solution may be omitted.

*Diet, etc.*—Food which requires little or no mastication should be enjoined for a few days. Bread sopped in milk, panada, light batter, and other milk puddings, beef-tea, and aliments of this kind, will prove very grateful in troublesome cases.

INFLAMMATION AND SORENESS OF THE GUMS  
AND MOUTH.

*Symptoms.*—Soreness, redness, and swelling of the gums, sometimes extending to the tongue and lining membrane of the mouth, where slight ulcerations are occasionally perceived ; a copious secretion of saliva is of common occurrence in such cases. Thirst, heat of skin, frequency of pulse, and other febrile symptoms, may be also present.

*Treatment, Diet, etc.*—The same as in the preceding case. (See GUM-BOILS.)

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## BAD BREATH.

Fœtor of the breath is commonly one of many symptoms connected with a disordered state of the organs of digestion or respiration ; so that, in most cases, where the more general affection, upon which it appears to depend, is slight, the course of treatment given under the head which includes that affection will prove sufficient.

This unpleasant symptom is, however, sometimes more immediately dependent upon want of proper attention to the mouth and teeth ; or

else it may result from a kind of putrid inflammation of the mouth and gums. In the first case, the observance of cleanliness will be all that is necessary ; in the second, the treatment prescribed under the head of INFLAMMATION OF THE MOUTH AND GUMS, or under that of GUM-BOILS, will suffice when the affection is slight. Where it is associated with a decayed condition of the teeth, it will generally be for the patient's advantage to have recourse to competent advice on the subject of his teeth.

*Treatment.*—In a general way, where the breath is offensive without any appreciable cause, administer PULSATILLA, 3 globules, 12th dilution, MERC. SOL., 3 globules, 12th dilution, and SULPH., 3 globules, 18th dilution successively, at intervals of four days ; and, *if necessary*, after a further interval of ten days, exhibit this course once more.

*Diet and Regimen.*—General attention should be paid to diet, as well as to the other accessories for the promotion of health. Animal food should be partaken of with moderation, more especially by those whose occupations are sedentary. Moreover, the mouth and teeth should be regularly cleansed with lukewarm water, *at least twice in the course of the day.* (*See also* INDIGESTION OR DERANGEMENT OF THE STOMACH, *and* SLIGHT

DISORDERS ARISING FROM THE INFRACTION OF  
DIETETIC RULES.)

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COATED TONGUE.

(See INDIGESTION.)

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MUMPS.

The glands behind the ears, and along the branches of, and below the lower jaw, as well as the fatty membranes in which all these glands are imbedded, are the structures involved in this complaint.

*Symptoms.*—Swelling and tenderness of the affected glands are complained of, with heat or redness of the external surface; shooting pains are often experienced in the glands. Sore-throat sometimes attends this affection, and a greater or less degree of fever may also be present. In slight cases, the swelling gradually subsides without suppuration of the glands.

*Exciting Cause.*—Atmospheric exposure, especially during cold, damp, wet weather.

*Treatment.*—Slight cases may be treated in the same manner as GLANDULAR INFLAMMATIONS in general.

(*See INFLAMMATION AND SWELLING OF THE GLANDS, and also SORE-THROAT.*)

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## SORE-THROAT, OR QUINSY.

The mucous membrane, at the back of the mouth and throat, as well as the uvula and tonsils, are the parts principally affected with this inflammation.

*Symptoms.*—Soreness and redness of the back of the mouth and throat; especially about the tonsils, which are generally inflamed and enlarged. Swallowing is painful and difficult; and shooting pain in the throat, extending to the ears, is sometimes experienced during this act. Not unfrequently, the glands of the face and neck, as well as the external surface of the throat, participate in the inflammation. Loss of appetite, thirst, heat of skin, with fulness and frequency of the pulse, and other febrile symptoms, generally precede and attend this affection. In the more severe cases, ulcerations in the throat, and small abscesses, sometimes succeed the inflammatory stage. In slight cases, the inflammatory symptoms soon subside, and perfect restoration to health almost immediately ensues.

*Treatment.*—During the inflammatory stage,



begin with BELLADONNA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part every hour (in very serious cases, at first), or every two, three, four (in ordinary cases), or six hours; and continue, if necessary, to administer this medicine in the same doses and at similar, or else at rather more prolonged intervals, until the redness of the throat has abated; then exhibit MERC. SOL., 9 globules (or 1 or 2 drops), 5th dilution, also in solution, in doses of a sixth part, every four hours or thrice a-day. Should small abscesses or ulcerations, with shooting pains in the throat, or else hoarseness of voice, ensue; or should a profuse perspiration break out upon the skin; substitute HEP. SULPH., 9 globules (or 1 or 2 drops), 5th dilution, in solution, in doses of a sixth part every four hours, or thrice a-day, according to the urgency of the case.

A day or two after the last dose of the medicines in solution has been taken, administer BELL., 3 globules, 12th dilution; then MERC. SOL., 3 globules, 12th dilution, four days after; and, lastly, SULPH., 3 globules, 18th dilution, in four or five days more.

When the symptoms are inflammatory, and the pulse is full and strong, ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,

\* See FOOT NOTE at page 82.

may be alternated, in doses of a sixth part, with any of the indicated medicines in solution, and continued in this manner until they shall have subsided.

In very slight cases, BELLADONNA, 3 globules, 12th dilution, followed, in a day or two, by MERC. SOL., 3 globules, 12th dilution, will be the only treatment requisite.

The throat should be protected from cold.

*Diet, etc.*—At the commencement of the affection, when there is no inclination for solid food, and thirst is complained of, pure water, toast and water, gum-arabic water, or water-gruel only, should be allowed until the appetite returns. In all cases, animal food should be abstained from for a few days. A light diet, consisting of arrowroot, sago, batter, and other milk puddings, beef-tea, mutton-broth, fish, cocoa, milk and water, etc., should precede the return to ordinary food. Exposure to cold draughts, and damp, should be guarded against.

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THROAT DISEASE, BOULOGNE SORE-THROAT  
(*Diphtheria*).

As Diphtheria has now for the last two years been a constant source of terror, throughout the

length and breadth of the land, a short statement of its real character, of the circumstances under which it occurs, and of the measures to be taken against it, may serve to re-assure the minds of those who are willing to act upon the maxim that "prevention is better than cure."

In the apparent suddenness with which it attacks and overwhelms its victims, the all-important fact is lost sight of, that the *local disorder* (which so often destroys life) *is the end, and not the beginning, of a course* (often of long duration) *of atmospheric poisoning*, which has imparted to what might, otherwise, have been an ordinary quinsy, the peculiar terrific character of the prevailing epidemic; just as a simple diarrhœa or a gastric fever may, under like circumstances, respectively be converted into cholera or typhus. The surest and most dangerous of all the exciting causes of Diphtheria is that pestilential condition of the atmosphere (more especially engendered by putrifying animal substances) which prevails in all badly-drained and ill-ventilated districts, in a greater or less degree, according to the condition and habits of the population.

*Symptoms.*—A feeling of general uneasiness, languor, stiffness in the back and limbs, are the usual *premonitory symptoms*—symptoms which,

notwithstanding their apparent insignificance, ought not to be unheeded by the inhabitants of a house or district in which "throat disease" has occurred. After a time (some days, it may be), when no attention has been paid to the *premonitory* indisposition, a sensation of discomfort, hardly to be called pain, is experienced in the throat; much less, in fact, than in ordinary sore-throat, and usually without fever. On examining the throat, small grayish shining spots, like blisters, are perceived about the tonsils, which are swollen. These *false membranes* soon assume a yellowish colour, like *wash-leather*, and spread over the soft palate, and down the throat. The *exudation* sometimes emits a very offensive smell, and occasionally profuse salivation attends the disorder. In favourable cases, a succession of these *membranes* continues to be formed, and then to be detached; until at length, after a period, varying from three to ten days, convalescence takes place. In unfavourable cases, death may arise from suffocation, induced by the extension of the *exudation* down the windpipe; the fatal issue, however, is much more frequently induced by a gradual sinking of the vital powers, very like that observed in *Typhus* Fever.

*Treatment.*—BELLADONNA, 9 globules (or 1

or 2 drops) 3rd dilution, and ARSENICUM ALBUM, 9 globules (or 1 or 2 drops), 3rd dilution, should be administered in solution,\* alternately, in doses of a sixth part, every two, *three*, or *four* hours, as soon as the *premonitory* symptoms are observed; and, in fact, in any case of indisposition, however slight, occurring in a house or district which Diphtheria has been known, or is likely, to attack. In the event of an actual attack,—pending the arrival of professional assistance,—the same remedies should be given, in alternation, every hour, or every two or three hours, according to the urgency of the symptoms. When extension of the false membranes is apprehended, the patient (if able to do so) should gargle his throat with *glycerine*;† otherwise, the *glycerine* may be applied to the interior of the throat with a camel's-hair pencil.

*Diet and Regimen.*—It is of the utmost consequence that the strength of the patient be well supported by food in the most nourishing and concentrated form, from the very first; and that the taking of it be strongly insisted upon, throughout the disorder.

\* See FOOT NOTE at page 82.

† This substance, whilst it tends to soften and detach the false membranes, does not interfere with the action of the remedies.

The sanitary measures which are recommended during the prevalence of Asiatic Cholera (*see ASIATIC CHOLERA*) *cannot be too rigorously enforced*, whenever Diphtheria has already occurred in the neighbourhood.

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INDIGESTION, OR DERANGEMENT OF THE  
STOMACH.

This complaint is induced by a variety of exciting causes, such as sedentary habits, errors in diet, atmospheric changes, moral influences, etc. The treatment will necessarily vary with these, when they are of recent origin.

*Symptoms.*—A feeling of fulness and uneasiness at the pit of the stomach (especially after meals), sour risings, heartburn, a furred tongue, and confined bowels, are the symptoms first noticed. When these are neglected, a variety of others follow by degrees: such as a bitter or nauseous taste in the morning, on awaking, with feverish and tainted breath, indifference or capriciousness of the appetite, or else loathing of food; thirst, with dryness and heat of skin, aching or tightness at the pit of the stomach, with swelling, or sense of fulness in the abdomen (belly), or round the waist, oppression at the chest, with

palpitation of the heart; drowsiness after meals, wind in the stomach and bowels, flatulent eructations, nausea, and sometimes vomiting of food or bile; aching between the shoulders and in the right side; depression of spirits or irritability of temper, with general loss of strength, etc.; in the meantime the coating on the tongue increases, and the irregularity of the bowels becomes confirmed. As the malady advances, unrefreshing or restless sleep, disturbed by frightful dreams, or else wakefulness at night, followed by excessive drowsiness in the daytime; headaches, which vary in their intensity, seat, and character; loss of memory, with confusion of thought; inaptitude or disinclination for mental or physical exertion; tendency of blood to the head, with whirling, dizziness, and inability to stoop; buzzing and humming noises in the ears; alternations of relaxation and costiveness, aching in the limbs, loss of flesh, sallowness or paleness of the complexion; occasional frequency of the pulse, and (in females) suppressions or irregularities of a special kind; besides many other symptoms, which it would be tedious as well as unprofitable to enumerate here, swell the group already given, and at length render competent advice a matter of necessity.

*Treatment.*—In slight cases, which are of re-

cent origin, begin with *Nux Vom.*, 3 globules, 12th dilution (especially in the case of persons of a bilious temperament, with dark hair and complexion, and of a hasty temper), when the bowels have a tendency to be confined; then, in two or three days, give *Nux Vom.*, 3 globules, 12th dilution, once more; and, lastly, four or five days after the second dose, administer *SULPH.*, 3 globules, 18th dilution.

*PULSATILLA*, 3 globules, 12th dilution, may be substituted for *Nux Vom.*, and repeated in like manner before the *SULPH.*, when the bowels are subject to relaxation (especially in persons of a mild and timid disposition, such as young girls, women, and children, with light hair or blue eyes, and fair complexion) rather than to costiveness.

In those cases where the appetite is craving or voracious, and a dark circle is noticed under the eyes, or a succession of sleepless nights is complained of, especially if the bowels are inclined to relaxation, begin with *CHINA*, 3 globules, 12th dilution; then, in two or three days, exhibit *CHIN.*, 3 globules, 12th dilution, once more; lastly, three or four days after the second dose, administer *CALC. CARB.*, 3 globules, 18th dilution, followed by *SULPH.*, 3 globules, 18th dilution, in ten days or a fortnight more.



The exciting causes, when known, will afford the best indication for the preliminary treatment, and reference to these is recommended. (*See MENTAL EMOTIONS, ATMOSPHERIC INFLUENCES, and SLIGHT DISORDERS ARISING FROM THE INFRACTION OF DIETETIC RULES.*)

*Diet, etc.*—The diet should be nutritious, wholesome, and not too stimulating; moreover, great moderation in the quantity of food partaken of at one time, and regularity in the time of meals, should be observed. Too long or too short intervals of abstinence and refection should likewise be avoided. It is almost needless to add, that every aliment which has been found to disagree, although its use may be generally sanctioned in the Homœopathic Dietary as wholesome, ought to be prohibited. Regular exercise should be taken, and, when practicable, intellectual exertion abstained from.

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DISORDERED STOMACH.

(*See INDIGESTION, and also BILIOUS ATTACKS.*)

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## BILIOUS ATTACKS.

These attacks are induced by a variety of causes connected with diet, atmospheric changes, the passions, etc.; which, when they can be ascertained, should be taken into account in the treatment.

*Symptoms.*—Nausea, and disgust for food, followed by vomiting of the aliments which have previously been taken, and, afterwards, of pure yellow bile. In most cases, the bowels are confined; in some, however, they are relaxed. Aching pains in the right side, and between the shoulders, are sometimes experienced; the tongue is coated, and a disagreeable, bitter, or nauseous taste is occasionally complained of. These symptoms are frequently attended with sick headache, thirst, heat of skin, and a quick and full pulse. The return of the appetite announces the cessation of the attack.

*Treatment.*—In ordinary cases, administer MERCURIUS SOLUBILIS, 9 globules (or 1 or 2 drops), 5th dilution, in solution,\* and NUX VOMICA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, in doses of a sixth part, alternately, every three or four hours; then give

\* See FOOT NOTE at page 82.

MERC. SOL., 9 globules (or 1 or 2 drops), 5th dilution in solution, a sixth part every four hours, or thrice a-day, until finished. The next night, after the last dose of the medicines in solution, exhibit NUX VOM., 3 globules, 12th dilution, followed, three or four nights after, by MERC. SOL., 3 globules, 12th dilution; and, lastly, in four or five nights more, by SULPH., 3 globules, 18th dilution.

PULSATILLA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may be substituted for the NUX VOM. (in alternative exhibition with the MERC. SOL.), when the attack has been brought on by rich food; more especially if there is also a tendency to looseness of the bowels.

When bilious vomiting attends the disorder, IPECACUANHA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, in doses of a sixth part, may be given (independently of the other remedies) once or twice (at an interval of ten minutes), after each attack of vomiting.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, in doses of a sixth part, may be alternated with the MERC. SOL., in the place of the NUX VOM., or of the PULSATILLA, when there is fulness and frequency of the pulse, with heat of skin, thirst, and other febrile symptoms.

*Diet, etc.*—At the commencement, pure cold water, toast and water, or water-gruel, will generally be preferred to more nutritious food. As the appetite begins to return, weak cocoa, milk and water, beef-tea, mutton-broth, dry toast, arrowroot, sago, milk-puddings, light fish, etc., may be allowed. The return to animal food and ordinary diet should be gradual.

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## JAUNDICE.

This affection supervenes upon derangement in the functions of the liver, connected with the secretion of bile, which not unfrequently has originated in Moral, Atmospheric, and Dietetic Influences.

*Symptoms.*—Yellowness of the skin, and of the whites of the eyes; which is generally associated with whiteness of the stools, and muddy redness of the urine.

*Treatment.*—In mild cases, begin with MERC. SOL., 9 globules (or 1 or 2 drops), 5th dilution, in solution,\* a sixth part every four hours, or thrice a-day; then MERC. SOL., 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part every four hours, or thrice a-day, until

\* See FOOT NOTE at page 82.

finished. The next night, after the last dose of the medicine in solution, give *NUX VOM.*, 3 globules, 12th dilution; and, three nights after, *MERC. SOL.*, 3 globules, 12th dilution; and, lastly, in four nights more, administer *SULPH.*, 3 globules, 18th dilution.

When fits of vomiting, or febrile symptoms, attend the affection, *IPECACUANHA*, 9 globules (or 1 or 2 drops), 3rd dilution, or *ACONITUM*, 9 globules (or 1 or 2 drops), 3rd dilution in solution, may be administered in the manner prescribed in the preceding affection. (*See BILIOUS ATTACKS.*)

Symptoms of jaundice will sometimes be brought on by fits of passion (anger) in children; in which case, *CHAMOMILLA*, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may be alternated with the *MERC. SOL.*, in doses of a sixth part, every four hours. When induced in adults by the same cause, *BRYONIA*, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, and *BRY.*, 3 globules, 12th dilution, may be given in the place of *CHAM.*, and in the same way.

*Diet, etc.*—The diet should be light in all cases. The dietetic restrictions recommended in the preceding disorder, will generally be found equally applicable in jaundice. (*See BILIOUS ATTACKS.*)

## SEA-SICKNESS.

There are few persons who do not suffer, in a greater or less degree, from this distressing complaint when they make a sea-voyage.

*Symptoms.*—Nausea and disgust at the sight, or even at the thought, of food, with sensation of uneasiness in the stomach, sometimes accompanied with giddiness and sense of confusion in the head, and a feeling of general discomfort, are usually experienced at the first setting out. To these symptoms retching sooner or later succeeds; after which, the aliments taken into the stomach at the previous meal, if the stomach is not empty, are thrown up, and vomiting of pure bile ensues, and recurs from time to time, especially if the sea is rough. In some cases, the retching and vomiting soon cease, and no further inconvenience or suffering is experienced during the remainder of the voyage. In others, however, it not unfrequently happens that the bilious vomiting is followed by distressing retching, and straining upon an empty stomach, and ineffectual efforts to vomit, sometimes almost amounting to convulsion; or else there is scanty vomiting, which does not relieve, occasionally accompanied with relaxation of

the bowels. A painful sensation of choking and constriction in the throat, as though it were plugged up, is sometimes superadded. At this period, the taste, the smell, and, in fact, all the senses, have become singularly and painfully acute; the head is in a dizzy whirl, whilst the sight is tortured by the instability of surrounding objects; the mind itself sickens as the body labours and strains at every fresh shock communicated by wind or wave; in short, every nervous fibril throughout the body seems to shudder with agony. In very severe cases, a moral apathy and carelessness of life ensue, from which no impending danger can arouse the sufferer, and which is equalled only by the accompanying physical prostration. If this state continues long, serious consequences may manifest themselves, such as the rupture of blood-vessels, without mentioning the extreme case of death itself. In most cases, these severe symptoms happily subside, after they have well-nigh exhausted the patient.

Many days—sometimes weeks—may elapse, even after the exciting cause has been removed, before the constitutional effects are entirely recovered from.

*Treatment.*—*Nux Vom.*, 3 globules, 12th dilution, exhibited two nights in succession, before

commencing the voyage, will greatly modify, and sometimes entirely prevent, sea-sickness.

Just before embarking, the following remedies viz., *NUX VOM.*, 9 globules (or 1 or 2 drops), 3rd dilution, *IPECACUANHA*, 9 globules (or 1 or 2 drops), 3rd dilution, and *ARSENICUM*, 9 globules (or 1 or 2 drops), 3rd dilution, should be dissolved\* separately, each in six dessert-spoonfuls of cold water, in three clean glass phials stoppered with new corks, so that the solutions may be ready for use if required.

As soon as the person is on board, let him take about a dessert-spoonful of the *NUX VOM.* solution, and repeat this dose every two, three, or four hours, if the preliminary symptoms of sickness come on.

Should retching, followed by free vomiting of food or bile, succeed, he should take the *IPECACUANHA* solution, in similar doses, either in alternation with the preceding solution or else by itself, every half-hour, hour, or else every two or three hours. When the vomiting ceases, he may again have recourse to the *NUX VOM.* solution at longer intervals.

Should, however, the stage of fruitless retching upon an empty stomach, whether accompanied or not by great physical and moral

\* See FOOT NOTE at page 82.



prostration, ensue, the ARSENICUM solution will be required, in similar doses, every half-hour, hour, or else every two, three, or four hours, according to the urgency of the case.

As a mechanical and auxiliary means of preventing or moderating sea-sickness, a girdle slightly tightened round the waist and abdomen (belly) has been recommended.

Lying down in the horizontal position is that which Nature herself generally points out.

*Diet, etc.*—Persons ought never to go to sea with an empty stomach; a light meal should be taken an hour or two before embarking. When the sickness is subsiding, and there is a slight desire for food, a cup of *coffee without milk*, of moderate strength, sweetened with a lump or two of sugar, and a small slice of toast, will often prove grateful and restorative; or else a cup of good beef-tea, with a few sippets of toast, or a captain's biscuit, may be partaken of.

#### THE AFTER-EFFECTS OF SEA-SICKNESS.

*Symptoms.*—Feelings of general discomfort, lassitude, and soreness are complained of for several days after landing, together with a continuance (although in a lighter degree) of the unpleasant sensations experienced at sea; more-

over, the qualmishness at the stomach remains, and the digestive organs are more or less disordered.

*Treatment.*—ARNICA, 3 globules, 8rd (or 12th) dilution, followed, the next night, by NUX VOM., 3 globules, 12th dilution, or CHIN., 3 globules, 12th dilution, if there has been much prostration, will generally prove sufficient.

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INFLAMMATION OF THE BOWELS OR OF THE  
STOMACH.

(See SUDDEN ACUTE INFLAMMATORY AFFECTIONS.)

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BOWEL COMPLAINTS.

(See SIMPLE DIARRHŒA, BILIOUS DIARRHŒA, DYSENTERY, ASIATIC CHOLERA, ENGLISH CHOLERA, COLIC, BILIOUS COLIC, *and also* INFANTILE DIARRHŒA.)

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SIMPLE DIARRHŒA, OR LOOSENESS.

This complaint may occur in a variety of forms, the complete enumeration of which would be out of place in a work of this kind. Slight

cases will be easily cured by the removal of the exciting causes, in conjunction with the exhibition of one or other of the remedies which are indicated below.

Exposure to atmospheric influences, errors in diet, over-exertion, and moral emotions, are among the common exciting causes.

*Symptoms.*—Occasional loose stools, which may be attended with or without griping pains in the bowels, thirst, heat of skin, loss of appetite, or frequency of pulse.

*Treatment.*—In a general way, when the diarrhœa is attended with griping and colic pains in the belly, and the stools are loose and watery, administer VERATRUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part every four hours, or thrice a-day; and, if necessary, repeat VERATRUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part thrice a-day.

MERC. SUB. CORROS., 9 globules (or 1 or 2 drops), 5th dilution, may be substituted for the VERATRUM, and administered in the same way, when straining rather than griping is complained of, especially if the stools are *mucous* or *bilious*.

PULSATILLA, 9 globules (or 1 or 2 drops),

\* See FOOT NOTE at page 82.

3rd dilution, administered in a similar manner, is preferable to VERATRUM for the treatment of those slight cases of diarrhœa which are attended with *little or no suffering*, and especially when there is *absence of thirst*, or when rich food has caused the attack.

PHOSPHORI ACIDUM, 9 globules (or 1 or 2 drops), 3rd dilution, administered in the same way as the VERATRUM, will be more appropriate in cases of *exhausting painless diarrhœa*, *more especially when the action of the bowels is involuntary at times*.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may be exhibited, in doses of a sixth part, either by itself, or alternately with any of the indicated remedies, in every variety of diarrhœa where there is frequency and fulness of the pulse.

When the attack can be clearly traced to one or other of the exciting causes already enumerated, one or two doses of the remedy prescribed under its respective head (*see* ATMOSPHERIC INFLUENCES, SLIGHT DISORDERS ARISING FROM THE INFRACTION OF DIETETIC RULES, BODILY FATIGUE, *and* MORAL EMOTIONS), may, with advantage, be given, *at first*, in alternation with any of the above more general remedies.

The intervals of the medicines in solution (whether given in solution or not) may be prolonged or shortened, in all cases, according to the urgency of the symptoms; and, if necessary, the solutions may be exhibited once more in similar doses.

*Diet and Regimen.*—In all cases the diet should be light, and animal food should either be abstained from altogether, or very sparingly partaken of. Eggs and fruit are likewise objectionable. Exposure to cold and wet should likewise be avoided. (*See also* INFANTILE DIARRHŒA, BILIOUS DIARRHŒA, COLIC, DYSENTERY, ENGLISH CHOLERA, *and* INDIGESTION.)

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BILIOUS DIARRHŒA, OR RELAXATION OF THE  
BOWELS.

This complaint is usually attended with more or less griping and cutting pain, and abdominal uneasiness: the stools are yellow and bilious in appearance, and of pap-like consistence.

*Treatment.*—Give CHAMOMILLA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part every four hours, or thrice a-day, followed by MERCURIUS SOLUBILIS, 9 globules

\* See FOOT NOTE at page 82.

(or 1 or 2 drops), 5th dilution, a sixth part thrice a-day.

*Diet and Regimen.*—The same as in Simple Diarrhœa. (See SIMPLE DIARRHŒA, BILIOUS COLIC, and BILIOUS ATTACKS.)

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#### DYSENTERY, OR BLOODY FLUX.

The mucous lining of the large intestines (more especially of the lower portion), and the tissue subjacent to this membrane, are the parts involved in this disorder.

*Symptoms.*—This disease commences with loose, liquid, or *slimy mucous* stools, which after a time are *streaked with blood*. The motions are frequent, and generally attended or succeeded by cold shivering, and preceded by *severe griping* pains in the bowels. As the disorder proceeds, the symptoms become more urgent. Violent *straining* (tenesmus) now accompanies and follows each evacuation; the griping pains increase; the abdomen is hot and tender; vomiting sometimes ensues, and the thirst is more intense; *heat and sensation of burning* are sometimes felt in the lower intestines; and the stools consist of *bloody mucous matter*, and occasionally of *pure blood*. The pulse is variable,

sometimes full and strong, at other times quick and weak; especially when there is great prostration.

*Treatment.*—In mild cases, which alone should form the subject of domestic treatment, begin with MERC. SUB. CORROS., 9 globules (or 1 or 2 drops), 5th dilution, in solution,\* a sixth part every four hours; then MERC. SUB. CORROS., 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part thrice a-day. Should this medicine not relieve, substitute ARSENICUM, 9 globules (or 1 or 2 drops), 3rd dilution, also in solution, in doses of a sixth part, every four hours, or thrice a-day, especially if the stools are scanty and insufficient, or if they are accompanied and followed by fruitless straining, and the burning pain increases.

VERATRUM, 9 globules (or 1 or 2 drops), 3rd dilution, may be alternated, in doses of a sixth part, with either of the remedies, more especially indicated on account of the *dysenteric* symptoms, when any of the symptoms of English cholera (gripping, watery diarrhœa) are also present, as they are in some irregular cases, where the disorder seems to hold a middle place between dysentery and English cholera.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd

\* See FOOT NOTE at page 82.

dilution, in solution, may be alternated throughout the attack, in doses of a sixth part, with any of the preceding medicines, when there is much fever, with frequency and fulness of the pulse.

The night after the last dose of the medicines in solution has been taken, MERCURIUS SOL., 3 globules, 12th dilution, followed by ARSENICUM, 3 globules, 18th dilution, three or four nights after, may be exhibited with advantage.

*Diet and Regimen.*—The diet, generally speaking, should be light: but where there is no appetite, and the pulse indicates fever, toast and water, gum-arabic water, and afterwards water-gruel, rice-water, barley-water, etc., will be preferable to anything else; then, as the appetite returns, beef-tea with sippets of toast, sago, arrowroot, light milk-puddings, etc., may be allowed. The return to animal food and ordinary diet should be gradual. When, however, there is no fever, and the appetite continues, arrowroot, sago, tapioca, beef-tea, and other light food, may be permitted in moderation; animal food, eggs, fruit, and vegetables, should be proscribed, in any case, until the relaxation ceases. Exposure to cold, or sudden alternations of temperature, should be guarded against.



## ASIATIC CHOLERA.\*

On the first appearance of this epidemic, heads of families should be prepared to carry out the sanitary measures enjoined for its prevention; and in the event of an actual attack, they should be able to apply, without loss of time, the proper remedial means, until professional assistance can be had.

The *Preventive Measures* have a reference both to hygienic and to remedial means.

With regard to the former, the following judicious advice has been given:—

“The house should be well aired; especially the sleeping apartments, which should be kept dry and clean.

“All *effluvia* arising from decayed animal or vegetable substances ought to be got rid of; consequently, *cesspools and dust-holes should be cleaned out, and water-closets and drains attended to.*†

\* Some excellent monographs and pamphlets on the subject of Asiatic Cholera and its homœopathic treatment have been published; those by Drs. Joslin (U.S., America), Russell, Quin, Hamilton, Black, and Dudgeon, are among the most approved.

† Even in the better class of houses the arrangements in these particulars often leave much to be desired. Sir William Burnett’s disinfecting fluid should be liberally used.

"All exposure to cold and wet should be avoided; and *on no account should any one sit in damp clothes, particularly in damp shoes and stockings. Care should be taken to avoid chills or checking the perspiration.*

"The clothing worn must be sufficient to keep the body in a comfortable and even temperature.

"Habits of personal cleanliness should be cultivated, and regular exercise in the open air enforced; late hours forbidden; regularity in the periods of repose and refreshment observed; and, as much as possible, all anxiety of mind avoided.

"The diet should be wholesome generally, and adapted to each individual habit. *Every one should, however, be more than ordinarily careful to abstain from any article of food (whether animal or vegetable), no matter how nutritious and digestible to the generality, which may have disordered his digestion upon former occasions; and to avoid all manner of excess in eating and drinking.*

"No raw vegetables, nor sour and unripe fruit, cucumbers, salads, pickles, etc., should be allowed.

"The more wholesome varieties of ripe fruits, whether in their natural or cooked state, and

vegetables plainly cooked, may be partaken of, in moderation, by those with whom they agree. *Non-acid* wines and beer, of good quality, may also be used, in moderation, by those accustomed to them."

With regard to the latter, viz.,

*Preventive Remedial Treatment.*—**VERATRUM ALBUM**, 3 globules (or 1 or 2 drops), 3rd dilution, dissolved in a dessert-spoonful of cold water, and **CUPRUM ACETICUM**, 3 globules (or 1 or 2 drops), 5th dilution, similarly dissolved, should be given, in alternation, at intervals of three days, to persons of either sex, whether young or old, as soon as cholera manifests itself in the neighbouring district; and their administration continued in this manner during the prevalence of the epidemic.

It may be encouraging, for those whose friends or neighbours are attacked, to know that, in a district where cholera prevails, *little additional risk is incurred by those who minister to the sick*; provided that they themselves are in good health, and that proper sanitary precautions are enforced.

*Premonitory Symptoms.*—The following, when they occur (especially during the prevalence of cholera), are very significant, and should on no account to be disregarded; viz., a feeling of gene-

ral uneasiness ; headache ; pain, and rumbling in the belly, with oppression at the pit of the stomach and chest, distention of the bowels, diarrhoea (relaxation), and more or less disorder of the digestive organs.

*Symptoms.*—Frequent thin, watery stools, resembling gruel or rice-water ; followed by cramps and spasms in the stomach and abdomen (belly), and accompanied by intense thirst, uneasiness, and sensation of burning at the pit of the stomach, retching, and vomiting of an offensive fluid (very similar in appearance to that voided by the bowels), coldness and cramps in the extremities, especially in the calves of the legs, and general vital depression. In very serious cases, the surface of the body becomes cold and clammy, not unfrequently assuming a purple and shrivelled appearance ; the feet are icy cold ; the features pinched and angular ; the eyes sunken and glazed ; the voice low and inarticulate ; the breath cold ; the respiration oppressed ; and, lastly, rapid exhaustion of the powers of life ensues.

Occasionally, the cramps put on a convulsive and intermitting character ; and, in some few cases, the stools become bloody.

*Treatment.*—Under whatever form Cholera presents itself (whether ushered in by premoni-

tory symptoms or not), SPIRIT OF CAMPHOR (prepared in the proportion recommended by the experience of Homœopathic physicians, viz., CAMPHOR, 1 drachm, *strong* SPIRIT OF WINE 6 drachms), may be given in doses of 2 drops, dissolved in a tea-spoonful of cold water, every five or ten minutes, and continued in this manner (or, in the event of marked improvement, at longer intervals) for the *first hour*.

After this period, VERATRUM, in the proportion of 12 globules (or 2 or 3 drops), 3rd dilution, dissolved \* in six tea or dessert-spoonfuls of cold water, should be administered in doses of a spoonful, every ten, fifteen, or thirty minutes (the intervals being prolonged or shortened according as the symptoms become more favourable or otherwise), and continued in the same manner as long as indicated.

VERATRUM is the principal remedy in almost all cases characterized by *sudden and frequent evacuations upwards and downwards, cramps and spasms in the stomach and abdomen, coldness of the body and of the extremities, cramps in the calves of the legs, and great weakness*.

If, after several doses of this last medicine, the severity of the symptoms increases, and *the cramps change to spasms and convulsions*—more

\* See FOOT NOTE at page 82.

especially when they put on an *intermitting* character, or the stools become bloody, recourse must be had to CUPRUM ACETICUM, 12 globules (or 2 or 3 drops), 5th dilution, dissolved and administered in the same manner, and at similar intervals. In many cases, CUPRUM ACETICUM may be beneficially alternated with VERATRUM.

ARSENICUM, 12 globules (or 2 or 3 drops), 3rd dilution, similarly dissolved, may, in like manner, be alternated with VERATRUM, when the disorder is attended with a sensation as of burning coals in the stomach and bowels, or with occasional scalding evacuations; especially if followed by violent colic and extraordinary prostration of strength, coldness of the skin, clammy perspirations, and insupportable fear of death.

*Diet and Regimen.*—The patient ought to be kept warm, and, if necessary, bottles of hot water or heated bricks applied to the feet and under the armpits; a little cold water may be given from time to time, to allay the thirst, and, when practicable, small pieces of ice. Injections of iced or very cold water are sometimes beneficial in cases of violent colic or cramp in the bowels, when the remedies do not afford speedy relief.

During convalescence, much care will be required to prevent relapse. In fact, the patient is often tormented with a great craving for food; which should be restrained, and only a small quantity of light farinaceous food (such as sago or arrowroot) should be allowed at first. Then, as convalescence proceeds, beef-tea, chicken-broth, and cocoa, with a little dry toast, may precede the gradual return to ordinary diet.

Care should also be taken to protect the surface of the body, and especially the stomach and extremities, from cold.

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#### DIARRHŒA FROM FEAR OF THE CHOLERA.

During the prevalence of Asiatic Cholera, delicate and timid persons are occasionally subject to a species of bowel complaint, which is induced solely by the fear of being attacked.

*Treatment.*—CHAMOMILLA, 9 globules (or 1 or 2 drops), 3rd dilution,\* in doses of a sixth part, every four hours, or thrice a-day, will generally suffice for such cases.

*Diet and Regimen.*—The same as in common Diarrhœa. (*See SIMPLE DIARRHŒA.*)

(*See also ASIATIC CHOLERA.*)

\* See FOOT NOTE at page 82.

ENGLISH CHOLERA, OR GRIPING WATERY  
DIARRHŒA.

*Symptoms.*—Frequent *thin, watery stools*, preceded by *intense griping* in the bowels, with *abdominal cramps*, and accompanied by burning thirst, retching, and vomiting of bilious matter, *cramps and coldness of the extremities*. In severe cases, the face becomes blue, and the features drawn and pinched, with an anxious expression of the countenance, in proportion to the intensity and frequency of the vomiting and purging, and consequent depression of the vital powers.

The pulse is variable in this disorder ; generally depressed.

*Treatment.*—In mild cases, begin with VERA-TRUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part every four hours ; then administer VER., 9 globules (or 1 or 2 drops), 3rd dilution, once more, in solution, a sixth part thrice a-day, if the relaxation continues.

When this disorder is also attended with straining, and bearing down of the lower bowel, or other *dysenteric* symptoms, give MERC. SUB.

\* See FOOT NOTE at page 82.



CORROS., 9 globules (or 1 or 2 drops), 5th dilution, in solution, in alternation with the VERATRUM, in doses of a sixth part, at the same intervals.

A night or two after the last dose of the solution, give CHINA, 3 globules, 12th dilution; and, lastly, in four nights more, SULPH., 3 globules, 18th dilution.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may be given occasionally, or else alternated, in doses of a sixth part, with any of the indicated remedies, when there are marked febrile symptoms.

Hot bottles may be applied to the extremities, when great coldness is complained of, which is also evident to the touch.

*Diet, etc.*—The indications are the same as in Dysentery. (*See* DYSENTERY.)

(*See also* ASIATIC CHOLERA.)

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PAIN IN THE STOMACH AND ABDOMEN, BELLY-ACHE, COLIC PAINS, ETC.

(*See* COLIC.)

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## COLIC.

This complaint is sometimes very painful; but it is rarely attended with danger. Flatulent food is a very common exciting cause in those who are predisposed to Colic.

*Symptoms.*—Twisting, pinching, and griping pains in the *abdomen* (belly), but especially about the navel; usually associated with costiveness, more or less aching in the abdomen (belly-ache), and distressing flatulence. The pains are relieved by pressure; and although at times very acute, they are subject to periodical remissions. These characteristics, together with the absence of fever, will serve to distinguish the disorder from acute inflammation of the bowels. In attacks of **Bilious Colic**, vomiting of bile, and relaxation of the bowels, with yellow or dark bilious stools, are superadded to the above symptoms.

*Treatment.*—When the Colic is attended with a confined state of the bowels, administer **Nux Vomica**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part every hour, or every *two, three, or four* hours, according to the urgency of the case; and, if necessary, **Nux Vom.**, 9 globules (or 1 or 2 drops), 3rd dilution,

\* See FOOT NOTE at page 82.

once more, a sixth part thrice a-day; then, in a day or two after the last dose, give **NUX VOM.**, 3 globules, 12th dilution. Should the bowels be relaxed, or tend to relaxation, substitute **VERATRUM**, 9 globules (or 1 or 2 drops), 3rd dilution, and **VERAT.**, 3 globules, 12th dilution, and administer them in like manner.

When, however, there is much pent-up flatulence (in **Windy Colic**), and the above remedies do not afford relief, give **CARBO ANIMALIS**,\* 9 globules (or 1 or 2 drops), 5th dilution, in doses of a sixth part, alternately with the indicated remedy.

In cases of **Bilious Colic**, give **VERATRUM**, 9 globules (or 1 or 2 drops), 3rd dilution, and **MERC. SOL.**, 9 globules (or 1 or 2 drops), 5th dilution, in doses of a sixth part, alternately, every hour, or every *two, three, or four* hours.

When there is much vomiting, dissolve **IPECACUANHA**, 9 globules (or 1 or 2 drops), 3rd dilution, and give a sixth part immediately after each attack of vomiting (no matter how short a time may have elapsed since the exhibition of the previous medicines); and then resume the exhibition of the former remedies as before.

*Diet and Regimen.*—During the attack, warm gruel, or other soothing drinks, will often prove

\* **CHEPMELL'S** preparation will do equally well.

grateful; and, if they afford relief, hot flannels may be applied to the belly, from time to time. For some days after the attack has subsided, the patient should abstain from green vegetables and other flatulent food; he may then gradually resume his ordinary diet.

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BILIOUS COLIC.

(See COLIC.)

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WINDY COLIC.

(See COLIC.)

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CONFINED BOWELS.

Costiveness is, in general, only one of many symptoms dependent upon various derangements of the digestive functions, rather than an affection by itself.

*Treatment.*—In a general way, NUX VOM., 3 globules, 12th dilution, administered twice, at intervals of two or three days, and followed by SULPH., 3 globules, 18th dilution, four days

after the second dose, will suffice for slight cases.

When there is great torpor of the lower bowels, with sensation as if they were paralysed, OPIUM, 3 globules, 12th dilution, may be advantageously substituted for the second dose of the Nux Vom.

In obstinate cases of constipation attended with headache and fulness, tension, or hardness about the bowels, when NUX VOM. or OPIUM does not afford speedy relief, and the patient is at a distance from a medical practitioner; an enema (injection) of tepid water (from a pint to a pint and a half) may be had recourse to. By this means, mechanical relief will be afforded, without injury to the coats of the intestines.

*Diet and Regimen.*—The diet should be light or a few days, and the proportion of animal food small. A variety of sweet fruits, when perfectly ripe, such as strawberries, pears, grapes, figs, and especially *gooseberries*, may be partaken of with advantage, when they do not disagree with the stomach. Dried prunes, French plums, Turkey figs, dates, raisins, and other dried fruits; conserves, and preserves (provided they are free from acid or medicinal properties, spice, etc.) of various kinds; cooked

fruits, such as stewed apples or pears, etc., in addition to wholesome vegetables, dressed with meat gravy, may also be recommended. As a general rule, vegetables should preponderate over animal food in the diet of persons who habitually lead a sedentary or studious life, and who are often very apt to take more animal food than the wants of their bodies require. Regular exercise in the open air should also be enjoined. (*See also* INDIGESTION.)

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#### PILES, OR HÆMORRHOIDS.

This affection is constituted by enlargement and swelling of the veins at the orifice of the lower intestines. When bleeding is of frequent occurrence, the piles are said to be *fluent*; when, however, this is seldom or never the case, they are denominated *blind*.

*Symptoms.*—Soft tumours, variable in size, either internal or external to the orifice of the bowels; which are generally attended with pricking (like needles), shooting or burning pains, especially during stool, with or without loss of blood; and which are frequently associated with a confined state of the bowels.

*Exciting Causes.*—Stimulating food, whether

liquid or solid, especially in combination with sedentary habits.

*Treatment.*—Begin with NUX VOM., 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part morning and night; then ARSENICUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part morning and night; and the second night after the last dose of this solution, give NUX VOM., 3 globules, 12th dilution, followed in four nights more by ARS., 3 globules, 18th dilution; and, lastly, after a further interval of six or seven days, administer SULPH., 3 globules, 18th dilution. In very slight cases, the medicines in solution may be omitted, and the others exhibited at once. ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution may be given, in doses of a sixth part, alternately every four hours, with any of the indicated medicines, when heat of skin, thirst, fulness and frequency of the pulse, or other febrile symptoms, are present at the commencement of the disorder.

*Diet, etc.*—The same as in the preceding disorder. (See CONFINED BOWELS.)

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\* See FOOT NOTE at page 82.

## HICCOUGH.

Hiccough is a convulsive or spasmodic catch in the muscles of respiration, and chiefly in the midriff, with a quick sonorous inspiration, recurring at short and regular intervals. It is generally associated with disordered digestion; but may be induced independently of any other ailment, by eating too fast, swallowing too large morsels of food, etc.

*Treatment.*—Holding the breath for a short time, or the effect of a sudden surprise, will often be sufficient at once to remove this spasmodic complaint. Sucking a small lump of white or barley-sugar, or else drinking a little cold water, will sometimes have an equally beneficial effect. Pressure for a few minutes with the palm of the hand at the pit of the stomach will sometimes remove it. When, however, the hiccough recurs from time to time, BELLADONNA, 3 globules, 12th dilution, may be administered for two nights successively; then, two or three days after the second dose, PULSATILLA, 3 globules, 12th dilution, may be given; and, lastly, LACHESIS, 3 globules, 5th (or when there is a choice of dilutions, 12th), in four days more, if the PULS. has not proved sufficient.



*Diet, etc.*—Attention should be paid to diet for a few days. (*See also* INDIGESTION.)

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## HEARTBURN.

This name is given to an uncomfortable, gnawing, burning sensation, commencing in the stomach, and extending along the gullet. Heartburn is generally produced by acridity of the secretions, and is commonly a prominent symptom in many forms of indigestion.

*Treatment.*—In slight cases, where it is the chief symptom which fixes the attention, give NUX VOM., 3 globules, 12th dilution, twice, at an interval of two or three days; and lastly, exhibit SULPH., 3 globules, 18th dilution, four days after the second dose of NUX.

Drinking a little cold water will often relieve the immediate suffering. (*See also* INDIGESTION.)

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## SOUR RISING.

(*See* HEARTBURN, *and also* INDIGESTION.)

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## FLATULENCE.

Flatulence is generally one of many symptoms connected with a derangement of the digestive functions; it may, however, be temporarily induced by the use of certain articles of food.

*Treatment.*—In slight cases, where it is the only apparent symptom, PULSATILLA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* in doses of a sixth part twice a-day, followed, a day or two after the last dose, by PULS., 3 globules, 12th dilution; or else PULS., 3 globules, 12th dilution, only, administered twice, at an interval of two or three days, will often afford the desired relief.

*Diet, etc.*—As errors in diet, such as vegetables taken in too large a quantity, the abuse of fermented drinks, etc., may induce this disagreeable symptom, the exciting cause, when ascertained, should be removed. A little attention to diet should also be enjoined; and every opportunity should be taken of improving the general health. (*See also* INDIGESTION, *and* WINDY COLIC.)

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NAUSEA, OR SICKNESS AT THE STOMACH.

(*See* VOMITING, *and also* INDIGESTION.)

\* See FOOT NOTE at page 82.

## VOMITING.

Vomiting rarely occurs as an isolated symptom; except in cases of certain dietetic infractions, when it is an effort of nature to free the stomach of some substance which is noxious, either in itself, or from its quantity, or from the weakness of the stomach into which it has been received.

*Treatment.*—In cases of free vomiting which relieves, IPECACUANHA, 9 globules (or 1 or 2 drops), 3rd dilution, may be given in solution,\* in doses of a sixth part, every half-hour, hour, or else every two or three hours. Copious draughts of lukewarm water may sometimes be allowed to facilitate it; but they will rarely be necessary. Emetics in large doses will never be required, except in cases of poisoning. ARSENICUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part at similar intervals, will be preferable in those cases where there is severe retching, or scanty vomiting which affords no relief.

*Diet, etc.*—A light diet should be enjoined for a few days after the vomiting has ceased, and the appetite begins to return. (*See also BILIOUS ATTACKS.*)

\* See FOOT NOTE at page 82.

## URINARY COMPLAINTS.

A detailed account of affections of this class and of their treatment would be out of place in the present work: they are usually of too serious a nature to be trifled with.

*General Treatment.*—Until a medical man can be had, the following directions should be attended to.

In painful **Retention or Suppression of Urine (Strangury)**,—where the water is either not passed at all or else only with difficulty, and in very small quantities,—give **CANTHARIS**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part every hour, or every two or three hours.

In cases of **Strangury** when **Inflammation of the Bladder** is apprehended,—the pain in the region of that organ being very great; the urine, and sometimes even pure blood, being passed in drops with extreme difficulty and distress; thirst, heat of skin, fulness and frequency of pulse, or other inflammatory symptoms being also present,—**CANTHARIS**, 9 globules (or 1 or 2 drops), 3rd dilution, **ACONITUM**, 9 globules (or 1 or 2 drops), 3rd dilution, should be administered alternately, in doses of a sixth part, every hour, or every two or three hours.

\* See FOOT NOTE at page 82.

The same treatment will also be appropriate, when severe pain in the loins (generally confined to one side), running along the *ureter*\* towards the bladder, and down the inner side of the thigh; nausea and vomiting; constant desire to make water; thirst and fever, with very scanty secretion of red urine, indicate **Inflammation of the Kidneys**.

When **Retention** has been caused by a *mechanical injury*, such as a kick or a blow in the region of the bladder, give ARNICA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part every hour, or every two or three hours. Should it, however, have been brought on by *over-distension*, or *straining of the bladder*, in a person who, from carelessness or false delicacy, has forcibly resisted the repeated calls of nature; substitute NUX VOMICA, 9 globules (or 1 or 2 drops), 3rd dilution, and administer this remedy in the same manner.

In **Hæmaturia (Bloody Urine)**, when either pure blood is passed, or much blood is mixed with the urine (there being often little or no pain), give TEREBINTHINA, 9 globules (or 1 or 2 drops), 3rd dilution,—either by itself, or alternately with ACONITUM, 9 globules (or 1 or 2

\* The *fibrous* tube by which the urine is conducted from the kidney into the bladder as fast as it is secreted.

drops), 3rd dilution, when there are inflammatory symptoms,—in doses of a sixth part, every hour, or every two or three hours.

In **Incontinence of Urine**, or **Profuse Urination**, when the water is either passed involuntarily or is retained with difficulty, on account of the great quantity which is secreted; give **Nux Vom.**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part thrice a-day. Should this state have been brought on by a mechanical injury, substitute **ARNICA**, 9 globules (or 1 or 2 drops), 3rd dilution, and administer this medicine in the same manner.

In any of the above cases, **ACONITUM**, 9 globules (or 1 or 2 drops), 3rd dilution, in doses of a sixth part, may always be given, in alternation with any other indicated remedy, when there are febrile or inflammatory symptoms.

*Diet and Regimen.*—In cases of *retention* of urine, in which the bladder is not over-distended, or of the temporary suppression of that secretion, warm *mucilaginous* drinks, such as gruel, gum-water, etc., may be allowed to allay thirst; at the same time, warm cloths may be applied to the region of the bladder, so long as they yield any relief. When, however, the opposite state of *incontinence* of urine exists, as little fluid aliment as possible should be per-

mitted. Moreover, a light diet should be enjoined *in both-cases*, and all exposure to sudden changes of temperature ought to be carefully guarded against.

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## HOARSENESS.

Hoarseness is usually one of many symptoms of a more general affection. It is, however, sometimes the most prominent symptom in certain affections of the mucous membrane of the throat and windpipe, which have been induced by cold or other causes.

*Symptoms.*—Hoarseness and huskiness of the voice, often accompanied with a sensation of tickling, dryness, or irritation in the throat; occasionally there is a constant inclination to hawk up the adherent secretions.

*Treatment.*—Give HEP. SULPH., 9 globules (or 1 or 2 drops), 5th dilution, in solution,\* a sixth part every four hours, or thrice a-day; in a day or two after the last dose, administer HEP. SULPH., 3 globules, 5th dilution; and, lastly, in four or five days more, LACHESIS, 3 globules, 12th dilution, followed by SULPH., 3

\* See FOOT NOTE at page 82.

globules, 18th dilution, after an additional interval of a week.

In very slight cases, HEP. SULPH., 3 globules 5th dilution, followed by LACH., 3 globules, 12th dilution, in three or four days, will be preferable.

*Diet.*—The diet should be light for a few days and stimulants of every kind should be avoided for some time. Gum-arabic water, or sugar and water, will often afford mechanical relief by lessening the dryness of the tissues.

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#### INFLUENZA.

An apparently slight inflammation of the mucous surfaces of the head, gradually extending to those of the throat and lungs, which is accompanied by long-continued general debility.

*Symptoms.*—A sense of chilliness and lassitude, weight in the forehead, with stuffing at the root of the nose, and sneezing, pain in the limbs, slight fever, and general uneasiness, constitute the *preliminary stage*.

The eyes become weak, and sensitive to the light ; and a very profuse watery discharge from the nose, sometimes attended with external or internal soreness and swelling of this organ, succeeds. The sneezing now causes much an-



noyance, and recurs in fits; and the feeling of obstruction is more distressing when anything occurs to arrest the nasal secretions. At this period, the voice becomes weaker, and there is sometimes a hacking cough, with soreness at the chest, oppression, and shortness of the breath; and there is likewise a marked increase of the general prostration. These symptoms constitute the *secretive stage*; and, after continuing for an indefinite period, they gradually subside altogether.

*Treatment.*—In slight cases, during the *preliminary stage*, give NUX VOM., 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part every four hours, or twice or thrice a-day, according to the urgency of the symptoms. When the *stage of secretion* has commenced, administer ARSENICUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part every four hours, or twice or thrice a-day, according to the severity or mildness of the case; and, if necessary, give a second solution in similar doses, and at like intervals. Should, however, the cough be troublesome, and soreness or oppression at the chest be complained of; substitute BRYONIA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, and ex-

\* See FOOT NOTE at page 82.

hibit a sixth part every four hours, or thrice a-day.

A few days after the last dose of the medicines in solution, administer ARSENICUM, 3 globules, 18th dilution, followed by BRY., 3 globules, 12th dilution, in four days more; and, lastly, after a further lapse of four days, give SULPH., 3 globules, 18th dilution.

ACONITUM, 9 globules (or 1 or 2 drops), 8rd dilution, may be occasionally exhibited, in doses of a sixth part, either by itself or else in alternation with any of the above remedies, when indicated by fulness and frequency of pulse, thirst, heat of skin, or other febrile symptoms, throughout the course of the affection.

*Diet, etc.*—The diet should be light, especially at the commencement of the affection: in most cases, animal food should be abstained from for some days. Arrowroot, sago, milk-puddings, light fish, beef-tea, cocoa, and aliments of this kind, may be generally allowed. When, however, there is no appetite, and the symptoms are inflammatory, toast and water, water-gruel, or barley-water, will be preferable. Gum-arabic water, sweetened with a little sugar, will often prove grateful when the cough is troublesome. The return to ordinary food should be gradual. Exposure to cold or

sudden alternations of temperature should be guarded against.

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SLIGHT BRONCHIAL CATARRH, OR COMMON  
COLD AND COUGH.

The mucous membranes of the lungs are the structures principally affected.

*Symptoms.—First, or Stage of Invasion.*—A sensation as though a chill had been sustained is experienced at the onset of the attack; generally attended by fever, loss of appetite, thirst, heat of skin, and feeling of general uneasiness, with oppression and tightness about the chest, and shortness of breath. To these a slight hacking cough is superadded, with very trifling expectoration, which is accompanied and followed by soreness of the chest.

*Second, or Secretive Stage.*—The cough becomes looser, the *bronchial* secretions more abundant, and the expectoration much easier. The expectoration may vary in colour and consistence. It is generally white, yellow, or grayish; thick and gelatinous, or else thin and watery. As the disorder advances towards a favourable termination, the preceding symptoms subside, the secretions diminish, and the appetite and strength return.

*Treatment.—First Stage.*—Begin with ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part every four hours, or thrice a-day; then give BRYONIA, 9 globules (or 1 or 2 drops), 3rd dilution, also in solution, a sixth part every four hours, or thrice a-day, as soon as the cough becomes troublesome, and the breathing oppressed, or soreness of the chest is complained of. This last remedy may be administered once more, in solution, if necessary, in similar doses, and at like intervals, and discontinued when the cough becomes looser.

*Second Stage.*—When the cough is looser, and the expectoration freer and more abundant, exhibit SULPHUR, 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part every four hours, or thrice a-day, if the expectoration is *thick and gelatinous*; or else ARSENICUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, at like intervals, and in similar doses, if it is *thin and watery*, or *frothy*, and accompanied with *difficulty of breathing and palpitation of the heart*. If necessary, either of these medicines may be administered once more, in solution, in doses of a sixth part, thrice a-day, according to the preceding indications.

As the acute symptoms subside, give SUL-

\* See FOOT NOTE at page 82.

**PHUR**, 3 globules, 18th dilution, or else **ARS.**, 3 globules, 18th dilution (according to circumstances), a day or two after the last dose of the medicines in solution; and, lastly, in four or five days more, **SULPH.**, 3 globules, 18th dilution.

**ACONITUM**, 9 globules (or 1 or 2 drops), 3rd dilution, may be given, in solution; either occasionally by itself or alternately with any of the other indicated medicines, in doses of a sixth part, at any stage of the affection, when fulness and frequency of the pulse, heat of skin, thirst, or other febrile symptoms are present.

*Diet, etc.*—The same as in Influenza. (*See INFLUENZA.*)

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**BRONCHITIS, INFLAMMATION OF THE LUNGS,  
PLEURISY, ETC.**

(*See* **SUDDEN ACUTE AND INFLAMMATORY COMPLAINTS.**)

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**COUGH.**

A cough is usually one of many symptoms of a more general affection rather than a disorder in itself; nevertheless, as it is often the most

prominent symptom, the indication which it affords for the treatment will, in such a case, be sufficient, provided that the cause upon which it depends be slight, and of recent operation.

The following are the symptoms and treatment of a few of the common varieties.

### **Common Spasmodic, or Short Dry Cough.**

*Symptoms.*—Hard dry cough, which seems to be caused by a sensation of tickling and irritation in the throat: it is generally worse at night and early in the morning.

*Treatment.*—Give NUX VOM., 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part every four, six or eight hours, followed a day or two after the last dose, by NUX VOM., 3 globules, 12th dilution; or else administer NUX VOM., 3 globules, 12th dilution only.

BRYONIA, 9 globules (or 1 or 2 drops), 3rd dilution, and BRX., 3 globules, 12th dilution, similarly administered, may be substituted for the NUX VOMICA, when the cough occasions much soreness of the chest.

### **Spasmodic Night Cough.**

*Symptoms.*—The cough comes on in paroxysms,

\* See FOOT NOTE at page 82.

especially at night, and is often of a convulsive character: it is sometimes attended with distressing headache.

*Treatment.*—Give BELLADONNA, 9 globules, (or 1 or 2 drops), 3rd dilution, in solution, a sixth part every four, six, or eight hours, followed, a day or two after the last dose, by BELL., 3 globules, 12th dilution; or else exhibit BELL., 3 globules only.

In the case of children, especially during the period of teething, CHAMOMILLA, 9 globules (or 1 or 2 drops), 3rd dilution, and CHAM., 3 globules, 12th dilution, administered in like manner, may often be substituted with advantage.

### Spasmodic Cough with Vomiting.

*Symptoms.*—Irritating spasmodic cough, coming on in paroxysms, which are succeeded or attended with vomiting or retching.

*Treatment.*—Give IPECACUANHA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part every four, six, or eight hours; and, in a day or two after the last dose, IPEC., 3 globules, 3rd (or, if there is a choice, 12th) dilution. In very slight cases, administer IPECACUANHA, 3 globules, 3rd (or 12th) dilution, only.

**Dry Cough with Hoarseness.**

*Symptoms.*—Irritating cough with hoarseness and huskiness of the voice, and smarting in the throat.

*Treatment.*—Give HEP. SULPH., 9 globules or 1 or 2 drops), 5th dilution, in solution, a sixth part every four, six, or eight hours, followed, a day or two after the last dose, by HEP. SULPH., 3 globules, 5th dilution; or else, in very slight cases, exhibit HEP. SULPH., 3 globules, 5th dilution, only.

*General Treatment.*—ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, in doses of a sixth part, or else ACON., 3 globules, 3rd dilution, may be given, in all cases where fulness or frequency of the pulse, thirst, heat of the skin, or other symptoms of fever, are present; either occasionally, or in alternation with the other indicated remedies.

*Diet, etc.*—The diet should be light, and all aliments of a stimulating kind should be avoided.

(See also the instructions upon this subject in INFLUENZA.)



ASTHMA, OR SPASMODIC SHORTNESS OF  
BREATH.

Attacks of Asthma are usually occasioned by exposure either to cold and wet, or to peculiar atmospheric influences; and also by errors in diet on the part of those who are naturally predisposed to this complaint.

*Premonitory Symptoms.*—A sense of tightness at the chest, sometimes accompanied by an irritating cough; a heavy pain across the eyes and forehead; flatulency in the stomach and bowels, and other symptoms indicating a disordered state of the digestive functions; together with general languor and irritability of temper, commonly precede the acute attack.

*Symptoms.*—The attack very generally occurs at night, especially during the first sleep. The patient is suddenly awakened by a feeling of suffocation, as if from want of air, accompanied by a cramp-like sensation and tightness at the chest, and by a short, dry, painful cough: in severe cases, the oppression and difficulty of breathing are extreme; so that he is forced to sit up in bed, or to rush to the open window for relief. Throughout the paroxysm, the act of speaking or coughing is attended with painful wheezing and

gasping for breath; the expectoration is scanty and difficult, and the flatulence very distressing: at the same time, the countenance is anxious, the face pallid and bloated, the eyes prominent and bloodshot, and the pulse usually hurried. As the intensity of the sufferings diminish, the cough becomes looser, and a free expectoration of thin, watery, or frothy *mucus* takes place. In some cases, relaxation of the bowels, vomiting of bilious matter, or the breaking out of general perspiration, precede the gradual remission of all the symptoms. The duration of the attack usually varies from half an hour to three or four hours.

*Treatment.*—During the premonitory stage, NUX VOMICA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* should be administered, in doses of a sixth part, every four hours, or thrice a-day, until finished; and, if requisite, this medicine may be exhibited once more in a similar manner; then MERCURIUS SOLUBILIS, 9 globules, 5th dilution, a sixth part thrice a-day, may be given when the oppression in the chest has ceased—more especially if the complexion is of a sallow bilious hue, and there is looseness of the bowels. In very slight cases, NUX VOM., 3 globules, 12th dilution, administered for two

\* See FOOT NOTE at page 82.

or three successive nights, might supersede the solutions.

*During the attack*, one or more of the following remedies, selected according to their respective indications, and in the proportions and of the dilutions prescribed, should be separately dissolved in six dessert-spoonfuls of cold water, and administered, in doses of a sixth part, every half-hour, hour, or every two, three, or four hours, according to the urgency of the case.

NUX VOM., 9 globules (or 1 or 2 drops), 3rd dilution, will be suitable at the beginning of the attack, when there is a feeling of a choking or cramp-like tightness throughout the chest, especially in the lower part and in front, with a sensation of pressure along the breast-bone; or when the bowels are very confined, and there is much flatulence. This medicine is likewise indicated when the acute symptoms have been brought on by the use of stimulants, such as beer or wine; more particularly in the case of those who lead a sedentary and studious life.

IPECACUANHA, 9 globules (or 1 or 2 drops), 3rd dilution, will be preferable in purely spasmodic asthma; especially when drawing in a long breath causes a rattling or wheezing in the chest, and when the symptoms are attended with vomiting or relaxed bowels, or else with

violent contraction of the throat (windpipe) and chest, which causes the patient to gasp for fresh air.

ARSENICUM, 9 globules (or 1 or 2 drops), 3rd dilution, will be of great service in asthma which has been brought on by the sudden suppression of a *catarrhal* (attending upon a cold) secretion; or in cases where the sufferings are attended with much anxiety and moral depression, and fear of death—especially when moving about makes it worse. This remedy may be given where IPECACUANHA has not sufficed, either by itself or in alternation with it.

LACHESIS, 9 globules (or 1 or 2 drops), 5th dilution, when the paroxysm is accompanied by a short suffocating cough, with scanty and difficult expectoration, inability to lie down, and earnest desire for fresh air. NUX VOMICA or ARSENICUM may often be advantageously given in alternation with it.

BEYONIA, 9 globules (or 1 or 2 drops), 3rd dilution, may be given after any of the foregoing remedies (especially after NUX VOM.), or in alternation with them, when the cough occasions soreness in the chest, and the asthmatic attack is assuming a *catarrhal* (that of a cold on the chest) character.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd

dilution, may be alternated in all cases where there are very decided feverish symptoms.

A day or two after the subsidence of the attack, Nux Vom., 3 globules, 12th dilution, may be exhibited, and repeated in three or four days; lastly, in four days more, SULPHUR, 3 globules, 18th dilution, may be administered. This treatment may be had recourse to once or twice for the *chronic* tendency to asthma.

In all cases where the attacks are severe, or of frequent recurrence, a medical practitioner ought to be consulted.

*Diet and Regimen.*—When the patient is threatened with an attack, he should observe a lighter diet than usual, and should especially abstain from stimulating drinks. During the attack he should, if thirsty, confine himself to gruel or other similar drinks, moderately warm; and, in general, avoid cold drinks, unless his experience should have led him to prefer them. Persons who are predisposed to asthma should avoid all the exciting causes, more especially such sudden changes of temperature as are likely to suppress the secretions of the skin, the getting the feet wet and sitting in damp clothes. When it can be borne, cold sponging all over is admirably calculated to promote the healthy functions of the skin; moreover, it renders

the body less susceptible to atmospheric influences.

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## PALPITATION OF THE HEART.

The regularity of the heart's action may be temporarily disturbed by the operation of causes having a direct influence upon its functions, or, sympathetically, by a disordered state of other organs, independently of actual organic disease.

*Treatment.*—The exciting causes of the complaint will often indicate the suitable remedy; for instance, when palpitation has been induced by drinking wine or other stimulants, moral emotions, etc., the treatment prescribed under those heads will usually suffice.

In a general way, one or other of the following medicines may be given, during the attack, every hour, or every two, *three*, or *four* hours, according to the urgency of the symptoms.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* in doses of a sixth part,—in all cases where there is much excitement of the circulating system, as shown by the fulness of the pulse and increased strength of the heart's beat, by the heat of the skin, thirst, and other

\* See FOOT NOTE at page 82.

febrile symptoms,—either by itself or in alternation with any other indicated remedy.

BRYONIA, 9 globules (or 1 or 2 drops), 3rd dilution, similarly dissolved, and at like intervals, when the palpitation is attended with oppression at the chest, stitches and sore aching in the left side, or tightness in the region of the heart; more especially if the symptoms are aggravated by moving about.

LACHESIS, 9 globules (or 1 or 2 drops), 5th dilution, in a like proportion, if the palpitation occurs when the patient is lying in bed at night, and obliges him to sit up; more especially, if it is associated with great moral depression and alarm, or even fear of death.

PULSATILLA, 9 globules (or 1 or 2 drops), 3rd dilution, similarly dissolved, and at like intervals, will be preferable for women and children of a mild and timid disposition.

In slight cases, BRY., 3 globules, 12th dilution, LACH., 3 globules, 5th or 12th dilution, or PULS., 3 globules, 12th dilution, may be administered, as recommended above, twice or thrice, at an interval of two or three days, instead of the solutions.

In any case, *where palpitation continues to recur*, competent advice should be had recourse to without loss of time.

*Diet and Regimen.*—Whilst the exciting cause should, if possible, be removed, a suitable diet ought to be enjoined, and every opportunity of improving the general health taken advantage of.

(See also MORAL EMOTIONS, and SLIGHT DISORDERS ARISING FROM THE INFRACTION OF DIETETIC RULES.)

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#### SPITTING AND VOMITING OF BLOOD.

As these *hemorrhages* (losses of blood) usually occur unexpectedly, a few general directions for their temporary treatment will not be out of place in a work of this kind.

*Treatment.*—Until professional assistance can be had, 9 globules (or 1 or 2 drops) of the medicine which seems best suited to the circumstances of the case, should be dissolved\* in six tea or dessert spoonfuls of cold water; and administered, in doses of a tea or dessert spoonful, every half hour, hour, or every two, *three*, or *four* hours, according to the urgency of the symptoms. As soon, however, as any decided benefit may be perceived from the remedy, it will be better to suspend its administration so long as there is a progressive improvement.

\* See FOOT NOTE at page 82.



**ARNICA**, 3rd dilution, will be indicated when the *hemorrhage* (whether it proceeds from the lungs or from the stomach) has been caused by severe physical exertion; more especially if the blood, which has been expectorated or vomited, is of a dark colour.

**CHINA**, 3rd\* dilution, in the most serious cases, where the loss of blood is attended with heaviness of the head and dizziness, paleness of the face, extreme feebleness of the pulse, coldness of the extremities, loss of consciousness, and fainting.

**IPECACUANHA**, 3rd dilution, will be of service when the blood is of a bright red colour; more especially in *hemorrhages* of the stomach, where there is a constant inclination to vomit.

**ACONITUM**, 3rd dilution, may always be alternated with any of the preceding remedies, when the symptoms put on an inflammatory character.

*Diet and Regimen.*—The patient must be kept as cool and as quiet as possible, and on no account should he be allowed to speak; at the same time care must be taken to remove all unnecessary tightness of dress. Everything in the shape of food, especially whatever is drunk, should be taken cold; the diet in other respects

\* When there is a choice of dilution: otherwise the 12th will suffice.

should be light. When, however, the *hemorrhage* proceeds from the stomach, no *solid* food should be allowed. (*See also* FAINTING.)

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## CRAMPS AND SPASMS.

These painful symptoms may occur from a variety of causes, such as exposure to cold, dietetic errors, etc.: but they are generally connected with some acute or chronic affection of a more general character. Almost any part of the body may be affected, but especially the muscles of the lower extremities.

*Treatment.*—During the intensity of the paroxysm, the part affected may either be rubbed, or firmly grasped; but it is better to wait a little before administering the internal remedy.

As the paroxysm is going off, or else just as it is coming on, *Nux Vom.*, 9 globules (or 1 or 2 drops), 3rd dilution, may be given, in solution,\* in doses of a sixth part, every hour, or every two, three, or four hours: then, in a day or two after the last dose, *Nux Vom.*, 3 globules, 12th dilution; and, lastly, after a further interval of four or five days, *LACHESIS*, 3 globules, 5th

\* See FOOT NOTE at page 82.

(or 12th\*) dilution, may be administered with advantage.

In cases of spasm and cramp in the stomach and abdomen (belly), the same treatment may be had recourse to. During the paroxysms, the local application of hot flannels, or sipping a little hot gruel from time to time, will sometimes afford relief. In severe cases, smelling CAMPHOR will often lessen the intensity of the symptoms.

*Diet, etc.*—The diet should be light for a few days; and every aliment which has been found to disagree with the patient should be carefully abstained from. As a general rule, no food should be taken immediately after the paroxysm; and, where an exception is made, the aliments allowed should be of the lightest kind, such as a little beef-tea, mutton or chicken-broth, and the like. (*See also COLIC.*)

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#### SUDDEN AND ACUTE INFLAMMATORY COMPLAINTS.

Under this head are included all sudden and acute affections requiring prompt remedial measures, the seat or importance of which cannot be

\* When there is choice of dilution.

decided upon with any approach to certainty by those who have not made disease and its treatment their exclusive study and occupation; and which for this reason have *purposely* been omitted in this work.

As the preliminary treatment of such complaints is almost invariably the same, a few general directions will suffice, in order, 1st, that no time may be lost; and, 2ndly, that nothing injudicious may be done.

*Preliminary Symptoms.*—The common preliminary characteristics of such affections are, general heat of the skin, or of the part principally affected; thirst; loss of appetite; but especially *frequency and fulness of the pulse*. To these a greater or less degree of moral and physical prostration is generally added; no matter with what organs or parts the symptoms may seem to be more immediately connected, or with what other sufferings they may be associated.

*Preliminary Treatment.*—Until medical advice can be procured, ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* may be given, a sixth part every two, three, or four hours.

In any case, however, where, in addition to

\* See FOOT NOTE at page 82.

the general symptoms above enumerated, distressing headache, with fulness and heat of the head or congestion of its vessels, throbbing of the blood-vessels of the neck, forehead, or temples, intolerance of light, or delirium, seemed to indicate **Inflammation of the Brain** or of its membranes; **BELLADONNA**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, should be given in alternation, in doses of a sixth part, every hour, or every two or three hours.

In like manner, where there are also some of the characteristic symptoms of an acute attack of **Pleurisy** (viz., a sharp cutting or catching pain (stitch) in the side, imposing an instinctive restraint upon the respiration, and compelling the patient to lie upon the side affected, or upon the back, distressingly aggravated by the act of coughing or taking a deep breath; sometimes preceded by a sudden sensation of cold or a fit of shivering, and usually accompanied by a hard quick pulse, heat of skin, flushed face, and scanty high-coloured urine); or those of **Inflammation of the Lungs** (viz., a deep-seated pain in the chest, of variable intensity, usually of a dull character, attended with shortness and quickness of breathing, and an urgent, short, dry cough—commonly

followed, in a few days, by a *thick, glutinous, rust-coloured expectoration*\*—together with high inflammatory fever, and, especially in persons of a full habit, *remarkable flushing of the face, and determination of blood to the head*); **BRYONIA**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, should be administered, in alternation with **ACONITUM**, in doses of a sixth part, every two or three hours. The same treatment will also be appropriate in acute **Bronchitis†** (**Inflammation of the Air-Tubes**).

Again, when some of the additional symptoms appear to indicate **Inflammation of the Bowels or of the Stomach**,—such as a sore, deep-seated pain in the bowels, especially about the navel, sometimes of a burning, aching, or tearing character, not materially aggravated by slight pressure, and accompanied by perceptible increase of temperature about the abdomen

\* When the symptoms given in *italics* are well marked, **PHOSPHORUS**, 9 globules (or 1 or 2 drops), 3rd dilution, exhibited alone, a sixth part every two, three, or four hours, will be more suitable. Only a very fresh preparation of the saturated globules should be used, as this medicine is apt to become chemically changed if kept too long.

† The symptoms of acute **BRONCHITIS** differ from those of **BRONCHIAL CATARRH** only in their greater severity. (See **SLIGHT BRONCHIAL CATARRH**.)

(belly); more or less relaxation of the bowels, thirst, high fever, and redness at the tip and edges of the tongue; or else pain and heat at the pit of the stomach (when that organ is principally affected), with vomiting of every kind of food, whether liquid or solid, the moment it reaches the stomach;—give *BRYONIA*, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, alternately with *ACONITUM*, 9 globules, 3rd dilution, in doses of a sixth part every two or three hours. If, however, there is reason to dread **Inflammation of the Internal Lining (serous) Membrane of the Abdomen**,\* the local heat being more marked; the soreness and tenderness of the belly, and their consequent aggravation upon pressure, greater (so much so, in urgent cases, that even the slightest pressure cannot be borne); the breathing quicker and more constrained;† the tongue more coated, the bowels more confined, the pulse smaller and less distinctly felt, and the countenance more anxious than in simple inflammation of the

\* **PERITONITIS.**

† On account of the suffering consequent upon any movement by which the tension of the affected parts is increased; so that the respiratory movements of the abdomen are sometimes altogether suspended, and the patient is compelled to lie upon his back, often with his legs slightly drawn up.

bowels; substitute BELLADONNA, 9 globules (or 1 or 2 drops), 3rd dilution; and administer this remedy alternately with ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in doses of a sixth part every hour, or every two or three hours, according to the urgency of the case.

*Diet and Regimen.*—The patient almost invariably manifests a strong disinclination to solid food, and usually complains of ardent thirst; so that pure water or toast and water, or at most, very weak water-gruel, only should be allowed.

Where there is much general prostration and fever, the patient should keep his bed.

(See also URINARY COMPLAINTS.)

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#### RHEUMATISM.

The muscular and ligamentous tissues are the principal seats of this affection. Exposure to cold, wet, and damp is a frequent exciting cause.

*Symptoms.*—Shivering, and a sensation of cold, sometimes precede an acute attack. The skin then becomes hot and the pulse full and quick; aching, tearing, shooting and aching, with stiffness, are experienced in the parts affected, especially in the joints, when they are attacked; and there is also, in most cases, more or less disorder



of the organs of digestion. The acute symptoms generally subside after free perspiration. In chronic cases, the symptoms are very similar, but less urgent and more tedious. In all cases, whether acute or chronic, the pains may be aggravated by motion and relieved by rest, or else the reverse may take place; they may also be fixed or erratic (wandering).

*Treatment.*—In acute cases which are slight, begin with *BRYONIA*, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part every four hours, or thrice a-day, when the pains are *aggravated by motion* and *relieved by rest*; then *BRY.*, 9 globules (or 1 or 2 drops), 3rd dilution, once more in solution, a sixth part thrice a-day; lastly, a day or two after the last dose of the solution, give *BRY.*, 3 globules, 12th dilution; and, in four days more, *SULPH.*, 3 globules, 18th dilution.

*RHUS TOX.*, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, followed by *RHUS TOX.*, 3 globules, 3rd (or 12th†) dilution, may be substituted for *BRY.*, 9 globules, 3rd dilution, and *BRY.*, 3 globules, 12th dilution, and administered in like manner before the *SULPH.*, when the pains are *relieved by motion* and *aggravated by rest*.

\* See FOOT NOTE at page 82.

† When there is a choice of dilution.

**PULSATILLA**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, followed by **PULS.**, 3 globules, 12th dilution, administered in like manner, will be indicated, in preference to any other remedy, when the pains are *wandering, and are felt sometimes in one part, sometimes in another.*

**MERC. SOL.**, 9 globules (or 1 or 2 drops), 5th dilution, in solution, in doses of a sixth part every four hours, or thrice a-day, may be given after or substituted for any of the preceding remedies, when *very profuse perspiration* manifests itself; after which the other remedies may be exhibited in the order and at the intervals prescribed.

**ACONITUM**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, may be administered in doses of a sixth part, either by itself, or else in alternation with another remedy, when fulness and quickness of the pulse, heat of skin, thirst, or other febrile symptoms, are observed.

In chronic cases, give **BRY.**, 3 globules, 12th dilution, or **RHUS**, 3 globules, 3rd (or 12th\*) dilution, or else **PULS.**, 3 globules, 12th dilution, according to the case, twice at an interval of three or four days; then, four days after the second dose of the medicine selected, exhibit **SULPH.**, 3 globules, 18th dilution; and lastly,

\* When there is a choice of dilution.

in about ten or twelve days more, CALC. CARB., 3 globules, 18th dilution.

*Diet and Regimen.*—When there is fever, and the symptoms are inflammatory, toast and water, water-gruel, barley-water, etc., will be preferable to more solid or nutritious food. When the case is chronic, moderation only, and attention to diet should be observed. It is almost needless to add, that exposure to wet and damp should be avoided by all means.

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#### RHEUMATIC PAINS IN THE BACK AND LOINS.

*Treatment.*—Similar to Rheumatism in general.  
(See RHEUMATISM.)

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#### LUMBAGO.

(See RHEUMATIC PAINS IN THE BACK AND LOINS.)

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#### GOUT.

The treatment prescribed under the head of Rheumatism will suffice for slight cases of Gout,

seeing that the remedial indications in both these disorders are very similar.

(See RHEUMATISM.)

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ULCERATION.—ULCERS.—SORES.

The *ulcerative process* consists in the progressive softening, breaking-up, and removal of successive layers of the tissue in which it has been induced, whether by direct injury, or by unhealthy *constitutional* irritation; or by a combination of both. The chasms thus formed are healed by the gradual contraction of the surrounding healthy surfaces, whose union is at length effected by the *cicatrix* (scar), which has been elaborated by means of the "*granulating process*," as it is termed. Ulcers are said to be *healthy*, when this curative action progresses uninterruptedly to the fulfilment of its object. They are said to be *unhealthy*, when—either from excess of action with deficiency of organizable material (as in *irritable* ulcers), or from deficiency of organizing power (as in *weak* ulcers), or else from indisposition to the exertion of that power where it exists in a latent state (as in *weak* ulcers)—the attempt at *cicatrization* is either imperfect or altogether absent.

The *Constitutions* most disposed to the unhealthy forms of ulceration, are those which have been shattered by intemperance or privation, or by the abuse of mercurial preparations, (more especially where a scrofulous taint is superadded); and the parts most liable to them are those whose circulation is the weakest and, consequently, the most apt to stagnate,—such as the *lower limbs*.

*Symptoms.*—The **Healthy Ulcer** is characterized by the *florid appearance of its granulating surface*, from which a moderate quantity of healthy inoffensive *pus* (matter) is secreted. The *edges are smooth and covered with a white semi-transparent pellicle* (little skin), which is imperceptibly lost on the margin of the numerous small *granulations*, thus exhibiting a tendency to *cicatrise* from the very first. This kind of ulcer heals readily, provided that the constitution is sound and that the exciting cause has not acted upon too large a surface: otherwise, after a time, it may put on an unhealthy form of ulceration.

The **Irritable Ulcer** has an *angry, inflamed appearance*, in which the surrounding skin partakes more or less. The *margin of the ulcer is ragged and irregular*, whilst its *cavity is deep and usually of a brownish red colour*. The *gra-*

*nulations* are very small and imperfect, *often exquisitely sensitive*; the discharge thin and *serous* (like whey), sometimes tinged with blood; and the pain almost always acute. Until the ulcerating surface puts on a more healthy action, *cicatrization* will not take place.

The **Weak Ulcer** may be easily recognized by its *large, flabby, livid, or pale granulations, which rise above the level of the surrounding skin*, showing no disposition to *cicatrize*. The edge of the sore is smooth and flat, or gently rounded; the discharge thin and watery, generally profuse; and the pain usually inconsiderable. The surrounding and underlying tissues are free from any indurating effusion.

The **Indolent or Callous Ulcer** is *confined almost exclusively to the legs of persons who are beyond the middle period of life*; and is by far the commonest form of chronic ulceration met with among the labouring poor. This ulcer is distinguished by its *smooth and (as it were) varnished surface*, which is usually of a *pale ashy colour, depressed below the level of the surrounding skin*, and devoid of all appearance of *granulation*. The form of this sore is generally round or oval; the edges are thick and white; the discharge thick or thin, more or less offensive in smell; the pain variable; and the sur-

rounding and underlying textures hard and unyielding. When the ulcer becomes foul, as it is apt to do, from inattention to cleanliness, vegetable growths not unfrequently spring up on its surface. *Cicatrization* will not take place as long as the sore retains its indolent character.

Unhealthy ulcers (especially the indolent varieties), although they may have remained stationary for a long time, sometimes rapidly increase in size and depth from any cause of irritation (whether of a local or constitutional character), which may suddenly induce a greater activity in the ulcerative process than the weakened vitality of the parts can bear; and consequently extensive *sloughing* of the disorganized textures.

*Treatment.*—For **Healthy Ulcers**, administer in succession, **BRYONIA ALBA**, 3rd dilution, **MERCURIUS SOLUBILIS**, 5th dilution, **BRY. ALB.**, 3rd dilution, and **SULPHUR**, 5th dilution, 9 globules (or 1 or 2 drops) of each, in solution,\* a sixth part morning and night, for three days running, putting an interval of two or three days between each remedy; then, three or four days after the last medicine in solution has been taken, exhibit, in succession, **BRY. ALB.**, 12th dilution, **MERC. SOL.**, 12th dilution,

\* See FOOT NOTE at page 82.

BRY. ALB., 12th, and SULPH., 18th dilution, 3 globules of each, at intervals of four, five, or seven days. In very slight cases, the medicines in solution may be omitted.

For **Irritable Ulcers**, give BELLADONNA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part every four or six hours; followed by ARSENICUM ALBUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part every four or six hours: then administer, in succession, BELL., 3rd dilution, ARS. ALB., 3rd dilution, BELL., 3rd dilution, and SULPH., 5th dilution,—9 globules (or 1 or 2 drops) of each, in solution, a sixth part morning and night,—for three days running, putting an interval of one, two, or three days between each remedy; lastly, three or four days after the last medicine in solution has been taken, exhibit, in succession, MERC. SOL., 12th dilution, ARS. ALB., 18th dilution, MERC. SOL., 12th dilution, and SULPH., 18th dilution, 3 globules of each, at intervals of four or five days.

For **Weak Ulcers**, administer, in succession, ARS. ALB., 3rd dilution, PHOSPH. ACID., 3rd dilution, SULPH., 5th dilution, and PHOSPH. ACID., 3rd dilution,—9 globules (or 1 or 2 drops) of each, in solution, a sixth part morning and night,—for three days running, putting an inter-



val of two or three days between each remedy; then, three or four days after the last medicine in solution, exhibit, in succession, **ARS. ALB.**, 18th dilution, **SULPH.**, 18th dilution, **ARS. ALB.**, 18th dilution, and **SULPH.**, 18th dilution, 3 globules of each, at intervals of four, five, or seven days.

For **Indolent or Callous Ulcers**, exhibit, in succession, **ARS. ALB.**, 3rd dilution, **OPIMUM**, 3rd dilution, **SEPIA**,\* 5th dilution, **OPIMUM**, 3rd, and **SULPH.**, 5th dilution,—9 globules (or 1 or 2 drops) of each, in solution, a sixth part morning and night,—for three days running, putting an interval of two or three days between each remedy: then, three or four days after the last dose of the remedy in solution, administer, in succession, **ARS. ALB.**, 18th dilution, **OPIMUM**, 12th dilution, **SEPIA**,\* 18th dilution, **OPIMUM**, 12th dilution, and **SULPH.**, 18th dilution, 3 globules of each, at intervals of four, five, or seven days. In very slight cases, the medicines in solution may be omitted.

\* **MERC. SOL.**, 5th and 12th dilutions, may be substituted for the **SEPIA**, 5th and 18th dilutions, when the discharge from the ulcer has a foul smell.

**CARB. ANIMALIS** (either the ordinary, or **CHEPMERLE'S** preparation), 5th and 18th dilutions, may likewise be substituted for the **SEPIA**, when the ulcer shows a tendency to *fungous* growths, or when the wound puts on the character of a *sloughing* or *gangrenous* ulcer.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, may be given, in doses of a sixth part, every four hours,—either occasionally by itself or in alternation with any other indicated remedy,—whenever the symptoms are inflammatory, no matter with what form of ulceration they may be associated.

*The best and most simple local appliance* for every variety of **Ulcer** or **Sore** is usually a piece of lint, or old linen rag, *wrung out* (so as to retain its moisture without being dripping wet) of cold, or slightly tepid water, which should be well covered over (in order to prevent evaporation) with a rather larger piece of oil-skin or *gutta percha* membrane, and secured in position, either by a light calico bandage, or (when the sore is of very limited extent) by strips of soap-plaster.\* When, however, the water-dressing proves to be too stimulating, plain *cerate*† or fresh hog's lard (from which the salt has been carefully washed away), spread out upon a piece of lint or old linen, and secured in any convenient manner, may be substituted.

\* See FOOT NOTE at page 208.

† This simple ointment can be made by melting in a pipkin placed on the hob, at a sufficient distance from the fire (so as not to boil), 1 part of yellow bees'-wax and 2 parts of fresh *unsalted* hog's lard or olive oil.

As a general rule, ulcers should be dressed twice a-day.

In cases of **Indolent Sores**, or of **Varicose Ulcers** of the leg, bandaging the limb with an additional calico roller (beginning at the foot) is often indispensable.

When Ulcers inflame, or become extremely painful, hot bread-and-water poultices may be applied to the irritable surfaces, and renewed from time to time as they get cold.

When the surface of an Ulcer is very foul, and large *sloughs* (cores) of disorganized texture seem ready to be detached, a warm *yeast poultice*\* may be applied for two, three, or four hours, according as it can be borne by the patient; and, if necessary, repeated once more in a day or two.

Professional advice is imperative in all cases of long standing, or of an otherwise serious nature.

*Diet and Regimen.*—As a general rule, the diet should be nourishing; and, in the case of

\* A *yeast-poultice* is made by mixing a pound of flour or oatmeal with half a pint of yeast, or beer-grounds. This mixture should be carefully heated in a pot, and stirred to prevent burning. When sufficiently warm, it may be spread on a linen rag, like an ordinary poultice, and applied in the same way.

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those who are affected with weak or indolent ulcers, even generous. When, however, the symptoms are inflammatory, a lighter diet will be more suitable for the time.

When not taking exercise, in the case of Ulcers of the leg, the limb should be kept in a raised position. (*See also* ABSCESS.)

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## VARICOSE VEINS.—CROOKED VEINS.

This diseased state of the veins may be induced by anything that retards the *venous* circulation; such as occupations that require a standing posture, the state of pregnancy, and the like. A certain inherited weakness of structure is, however, the great predisposing cause.

*Symptoms.*—The affected veins are usually of a dull leaden or violet colour, and have a swollen and knotted appearance. **Varicose Veins on the leg** occasion great pain, together with a sense of weight and fatigue, when distended by taking too much exercise or by standing about too long in the same position. When neglected, they are apt, in unhealthy constitutions, to inflame and ulcerate.

*Treatment.*—In favourable cases, give PULSATILLA, 9 globules (or 1 or 2 drops), 3rd dilution,

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in solution,\* a sixth part morning and night; and, after an interval of two, three, or four days, **ARSENICUM ALBUM**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, in the same way: then, three or four days after the last dose of the dissolved medicine, administer **PULS.**, 3 globules, 12th dilution, **ARS. ALB.**, 3 globules, 18th dilution, **PULS.**, 3 globules, 12th dilution, and **ARS. ALB.**, 3 globules, 18th dilution, in succession, at intervals of four days or a week.

The above treatment may also be had recourse to for **Varicose Ulcers**, when they are not severe; the local treatment will, however, be the same as that for **Indolent Ulcers** of the leg (see **ULCERS**). In very slight cases of either kind, the medicines in solution may be omitted. Should the veins inflame,—pending the arrival of professional assistance,—administer **ACONITUM**, 9 globules (or 1 or 2 drops), 3rd dilution, and **PULS.** (or **ARS. ALB.**, if *intense burning pain* is experienced), 9 globules (or 1 or 2 drops), 3rd dilution, in doses of a sixth part, alternately, every hour, or every two, three, or four hours, according to the urgency of the symptoms.

Professional advice is imperative in all serious cases of Varicose Veins, whether attended by ulceration or not.

\* See FOOT NOTE at page 82.

*Diet and Regimen.*—The diet should be light and nourishing. Violent exercise, and standing too long in the same position, should be carefully abstained from. When the patient is not taking exercise, the leg should be kept in a raised position. When the enlargement of the vein is confined to a portion of the trunk only, a strip of soap-plaster,\* firmly applied, will often afford sufficient support. Should, however, the smaller branches be also affected, either a well-fitting elastic (or laced) stocking, or a roller bandage,† should be put on in the morning, before the patient puts his feet to the ground; and worn throughout the day until bed-time.

\* See FOOT NOTE at page 208.

† In bandaging, it is necessary to commence at the foot.

## DIVISION IV.

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### ACCIDENTAL DISORDERS.\*

UNDER this division will be found moral, atmospheric, and dietetic influences, mechanical and other accidental or specific injuries (such as wounds, burns, stings of insects, etc.), together with their general treatment.

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### MORAL EMOTIONS.

#### Fright.

The shock sustained by the nervous system during a sudden fright, may be followed by *stupor, or confusion of thought and action*; or else the reaction may be shown *by increased activity of the circulation*.

*Treatment*.—In the first case, give OPIUM, 9

\* See EXPLANATIONS.

globules (or 1 or 2 drops), 3rd\* or 12th dilution, in solution,† in doses of a sixth part, every four, six, or eight hours, or OPIUM, 3 globules, 12th dilution only, according to the urgency of the symptoms; in the second, administer ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, or else ACON., 3 globules, 3rd dilution, in the same way.

### Passion (Anger).

*Treatment.*—To prevent any ill effects from a fit of anger, give BRYONIA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, in doses of a sixth part, every four, six, or eight hours, or BRY., 3 globules, 12th dilution only, according to urgency of the symptoms, in the case of adults of a bilious temperament; or CHAMOMILLA, 9 globules (or 1 or 2 drops), 3rd dilution, or CHAM., 3 globules, 12th dilution, in the cases of women and children.

### Grief.

*Treatment.*—IGNATIA, 9 globules (or 1 or 2 drops), 3rd\* or 12th dilution, exhibited in doses of a sixth part morning and night; or IGN., 3 globules, 12th dilution, administered twice or

\* When there is a choice of dilution.

† See FOOT NOTE at page 82.



thrice, at intervals of two or three days, will often be productive of great benefit, when there is great moral depression consequent upon this cause.

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## ATMOSPHERIC INFLUENCES.

*General Treatment.*—For slight disorders induced by sudden atmospheric changes, exposure to wet and cold, etc., the administration of one or other of the following remedies, according to their respective indications,—either in solution,\* in doses of a sixth part, every four, six, or eight hours, or dry upon the tongue, once or twice a-day, for two or three days running,—will generally suffice.

Nux Vom., 9 globules (or 1 or 2 drops), 3rd dilution, or Nux Vom., 3 globules, 12th dilution; after a chill sustained in *cold, dry, or frosty (winter)* weather,—especially when it is followed by a spasmodic cough,—with or without suppression of the ordinary secretions.

CHAMOMILLA, 9 globules (or 1 or 2 drops), 3rd dilution, or CHAM., 3 globules, 12th dilution; after atmospheric exposure, under *similar* circumstances, *with increase of the various secretions*

\* See FOOT NOTE at page 82.

*from the mucous membranes.* This remedy is peculiarly suited to the cases of women and children.

MERC. SOL., 9 globules (or 1 or 2 drops), 5th dilution, or MERC. SOL., 3 globules, 12th dilution; when the weather is *cold, wet, and damp*, especially in *winter*.

ARSENICUM, 9 globules (or 1 or 2 drops), 3rd dilution, or ARS., 3 globules, 12th\* or 18th dilution; after exposure to *cold (winter) rain*, especially when *fits of shivering* supervene, and the sensation of cold cannot be got rid of.

DULCAMARA, 9 globules (or 1 or 2 drops) 3rd dilution, or DULC., 3 globules, 3rd or 12th\* dilution; when the *humidity of the atmosphere is associated with warmth*, as in *summer and autumn*.

BRYONIA, 9 globules (or 1 or 2 drops), 3rd dilution, or BRY., 3 globules, 12th dilution; for indispositions during *very hot and sultry weather*.

VERATRUM, 9 globules (or 1 or 2 drops), 3rd dilution, or BELL., 3 globules, 3rd or 12th\* dilution; before or during a *thunder-storm, when the atmosphere is loaded with electricity*.

BELLADONNA, 9 globules (or 1 or 2 drops), 3rd dilution, or BELL., 3 globules, 12th di-

\* When there is a choice of dilution.

lution; *after exposure to the direct rays of the sun.\**

In all cases where there are febrile symptoms, ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, in doses of a sixth part, may be given in alternation with any of the above-indicated remedies.

*Diet, etc.*—A little attention to diet and regimen for a day or two will be prudent. It is unnecessary to add, that the exciting cause should be carefully avoided.

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#### SLIGHT DISORDERS ARISING FROM THE INFRACTION OF DIETETIC RULES.

To the digestive organs, the brain or other portions of the nervous system, the heart and general circulation, or even the skin, are referred the principal symptoms of such complaints.

*Symptoms.*—These will naturally vary with the causes immediately exciting them, and, in some degree, with the constitutional predisposition of the person affected. Headache, toothache, sleeplessness or drowsiness, palpitation of the heart or frequency of the pulse, heat of skin, nervous

\* In serious cases of SUN-STROKE, the indications for treatment will be found under the head of Apoplexy. (See APOPLEXY.)

excitement, nausea, faintness, disgust for food, a coated tongue, feverish and tainted breath, thirst, sensation of fulness about the stomach or abdomen (belly), heartburn, flatulence, vomiting, relaxation of the bowels or costiveness, depression of spirits, etc., occurring singly or in combination, will generally indicate whether the disorder is more immediately connected with the organs of digestion, the nervous system, or the circulation.

*Exciting Causes.*—1. Prolonged abstinence from nutritive food.

2. Excess in quantity of food of a general character, but more commonly of food of a nutritive kind.

3. The abuse of various kinds of food of a less generally wholesome character, either *solid* food (*a*) or *liquid* (*b*); whether they be taken in excess, in the ordinary acceptance of the term, or not.

As a general rule, the abuse of solid food will chiefly affect the digestive organs; that of liquid stimulants, such as wine, spirits, tea, coffee, etc., the nervous system and the circulation.

The treatment of the various indispositions arising from errors of this kind, as it must necessarily be influenced by the individual exciting cause, will be given under one or other of the above heads.

## 1. Prolonged Abstinence from Food.

*Indisposition arising from this cause.*

*Treatment.*—When faintness, or a feeling of great general prostration, has supervened upon long fasting, great caution should be observed both in the quantity and quality of the food which is first taken; especially if the period of abstinence has been attended with much bodily fatigue. A cup of good beef-tea, with a small slice of dry toast, is perhaps the best restorative in such cases. After this slight refectio, the patient should lie down and rest for an hour or two, before he is allowed a regular meal; which should be a light one. CHINA, 9 globules (or 1 or 2 drops), 3rd,\* or 12th, dilution, in solution,† may be administered, in doses of a sixth part, twice or thrice a-day. ARNICA, 9 globules (or 1 or 2 drops), 3rd dilution, exhibited in the same way, will, however, be preferable when much bodily fatigue has also been undergone.

## 2. Excess in Quantity of Food.

*Indisposition arising from an overloaded stomach.**Treatment.*—If the food is still retained by the

\* When there is a choice of dilution.

† See FOOT NOTE at page 82.

stomach, give a tolerably strong cup of coffee,\* without milk and with very little sugar; followed, in a quarter of an hour, by PULSATILLA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, in doses of a sixth part, every three, four, or six hours. When the food has been rejected by the stomach, should the nausea and inclination to vomit still continue, administer at once IPECACUANHA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part every half-hour, two or three times in succession; after which, wait an hour or two, and give PULS., 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part every three, four, or six hours, the night after. In those cases where the stomach has been relieved without the continuance of unpleasant symptoms, the exhibition of two or three doses of PULS., 3 globules, 12th dilution, at intervals of twelve hours, will be quite sufficient.

### 3. The Abuse of Various Kinds of Food.

#### *a. Solid.*

#### *Indisposition after having partaken of rich, fat,*

\* It may sometimes be advisable to empty the stomach at once (when that organ is very much over-loaded), by means of sickening draughts of lukewarm water, to which a small quantity of mustard might, if necessary, be added.

*oily, or other indigestible food of a similar kind* (whether animal or vegetable); such as *pork, veal, young meats, goose, salmon, eels, pastry, nuts, etc.*

*Treatment.*—Give PULSATILLA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part thrice a-day; or else PULS., 3 globules, 12th dilution, only.

*Indigestion, etc., after salted provisions.*

*Treatment.*—Give ARSENICUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part thrice a-day; or else ARS., 3 globules, 3rd or 18th dilution, only.

Seafaring men and other persons, who are frequently obliged to partake of salted provisions, should also partake of fresh vegetables, when they can be procured; or else they should make a point of consuming daily a small quantity of lemon or lime-juice, either as a beverage in the shape of lemonade, or as a condiment with their food. The facility with which meat and vegetables are now preserved fresh, in hermetically sealed cases, tends very much to decrease the scorbutic affections to which our fleets were continually subject.

*Indisposition after having partaken of crabs, lobsters, mussels, or other shell-fish.*

\* See FOOT NOTE at page 82.

*Treatment.*—Exhibit RHUS TOX., 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part thrice a-day; or else RHUS TOX., 3 globules, 3rd dilution, only.

(See also NETTLE-RASH.)

*b. Liquid.*

*Indigestion after acids, such as vinegar, lemon-juice, sour beer, etc.*

*Treatment.*—Give ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part thrice a-day; or else ACON., 3 globules, 3rd dilution, only.

*Indisposition after coffee.*

*Treatment.*—Give NUX VOM., 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part every four hours, or thrice a-day; or else NUX VOM., 3 globules, 12th dilution, only. Should, however, the bowels be relaxed, substitute CHAMOMILLA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, or CHAM., 3 globules, 12th dilution, administered in like manner.

*Indisposition after fruit, or slightly acid wines.*

*Treatment.*—Give PULSATILLA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part every four hours, or thrice a-day; or else PULS., 3 globules, 12th dilution, only.

*Indisposition after ices, or cold water; especially*



*when they have been partaken of by persons in a heated state.*

*Treatment.*—Administer **ARSENICUM**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part every four hours, or thrice a-day; or else **ARS.**, 3 globules, 18th dilution, only.

*Indisposition after drinking beer, wine, or spirits.*

*Treatment.*—Give **NUX VOM.**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part every four hours, or thrice a-day; or else **NUX VOM.**, 3 globules, 12th dilution, only.

*Indisposition after drinking tea, especially of the green varieties.*

*Treatment.*—Exhibit **CHINA**, 9 globules (or 1 or 2 drops), 3rd,\* or 12th dilution, in solution, a sixth part every four hours, or thrice a-day; or else **CHINA**, 3 globules, 12th dilution, only.

*General Treatment.*—In all cases where febrile symptoms manifest themselves, **ACONITUM**, 9 globules (or 1 or 2 drops), 3rd dilution, may be given in solution, in doses of a sixth part, alternately with any of the above-indicated remedies.

*Diet, etc.*—After dietetic infractions of every sort, but more especially after those in which the error has consisted rather in quantity than in kind, a light diet should be enjoined for a few

\* When there is a choice of dilution.

days. In those cases where *some particular aliment has repeatedly been found to disagree, it should be abstained from altogether for the future.*

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## BODILY FATIGUE.

*Symptoms.*—Feeling of general lassitude; dull pain as if from contusion, in the muscles, with stiffness of the joints.

*Treatment.*—ARNICA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* administered, in doses of a sixth part, morning and night; or one or two doses of ARNICA, 3 globules, 3rd, or 12th,† dilution, will generally be sufficient.

When the feet are swollen and tender, more especially after much walking, they should be bathed in ARNICATED *warm water* (one part MOTHER TINCTURE OF ARNICA to thirty or forty parts WATER). The hands may be bathed in like manner, when they have become blistered and chafed, as it not unfrequently happens after rowing.

A general tepid bath, in which about a dessert-spoonful of the MOTHER TINCTURE OF ARNICA has been dissolved, will prove grateful after a long journey.

\* See FOOT NOTE at page 82.

† When there is a choice of dilution.

*Diet, etc.*—A light and nutritious repast will be preferable to a heavy meal; for it must be remembered that the digestive organs partake of the general languor.

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#### MENTAL FATIGUE.

*Symptoms.*—Confusion of thought, or too great mental activity; headache, or pains in the forehead; drowsiness, or heavy unrefreshing sleep; or else sleeplessness at night, with general weariness and lassitude.

*Causes.*—Over-study, or anxious night-watching.

*Treatment.*—Nux Vomica, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* administered, in doses of a sixth part, morning and night; or Nux Vom., 3 globules, 12th dilution, exhibited two or three times, at intervals of one or two days, will suffice in slight cases.

CHINA, 9 globules (or 1 or 2 drops), 3rd,† or 12th, dilution; or else CHINA, 3 globules, 12th dilution, may be substituted and administered in like manner, when there is excessive sleeplessness at night: but, when there is also consi-

\* See FOOT NOTE at page 82.

† When there is a choice of dilution.

derable nervous excitement, *COFFEA*, 9 globules (or 1 or 2 drops), 3rd,\* or 12th, dilution; or *COFF.*, 3 globules, 12th dilution, similarly exhibited, will be preferable.

*BELLADONNA*, 9 globules (or 1 or 2 drops), 3rd dilution; or *BELL.*, 3 globules, 12th dilution, should, however, be selected and exhibited in like manner, when the mind is overwrought—especially if there is determination of blood to the head, with heat and flushing of the face.

*Diet and Regimen.*—The diet should be light and at the same time nutritious. Regular exercise in the open air, and healthy recreation, should be enjoined; moreover, if possible, the exciting cause should be removed.

(See also CONGESTIVE HEADACHES, and NERVOUS HEADACHE.)

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#### WOUNDS AND BRUISES.

Wounds resulting from mechanical injury have been classified, for the sake of convenient reference, into—1, Simple, or incised; 2, Punctured; 3, Lacerated; and 4, Contused; according as they partake more or less, or exclusively, of one kind or another.

It is only trifling cases which come under consideration in this little work.

\* When there is a choice of dilution.

1. **Simple or Incised Wounds** are caused by sharp or cutting instruments, such as knives, razors, and all manner of edge-tools. Such wounds are ordinarily termed cuts: their edges are even and regular; and in persons of a sound constitution, when slight, they heal readily.

*Treatment.*—First wash the wound with cold water; then bring the edges together, taking care that they are kept in apposition by one or more compresses of linen rag steeped in an **ARNICATED** lotion (one part **MOTHER TINCTURE OF ARNICA** to thirty parts cold water), and secured by a strip of linen rolled round the part. The lotion should be discontinued in three or four days, or even sooner.

Every time the wound is dressed (once in the twenty-four hours will generally be sufficient), a little lukewarm water may be used to soften the rag which is next the wound, if it should have adhered; in order to avoid running the risk of separating the surfaces which have begun to unite. In most cases, the lotion may be renewed without disturbing the dressing. **ARNICA**, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* may be administered internally, in doses of a sixth part, morning and night.

In very slight cases, the local application of a

\* See FOOT NOTE at page 82.

strip of **ARNICA PLASTER** will be the only treatment required.

Should the wound manifest a tendency to suppurate, give **HEP. SULPH.**, 9 globules (or 1 or 2 drops), 5th dilution, in solution, a sixth part thrice a-day; and, the second night after the last dose of the solution, **MERC. SOL.**, 3 globules, 12th dilution. In the meantime, the **ARNICATED** lotion should be discontinued.

2. **Punctured Wounds** are effected by pointed instruments, such as needles, scissors, forks, etc. The bleeding is generally slight; and but for a small depression in the surface, marking the entrance of the foreign body, no external trace would be left of the injury. Such wounds naturally create anxiety, seeing that those which appear the most trifling are sometimes attended with the most serious consequences. The slightest injury of a tendon sustained in this manner has been known to produce lock-jaw.

*Treatment.*—The treatment of slight cases will be very similar to that of the first kind. The point of the instrument, if it has remained in the wound, should, if possible, be extracted before any dressing is applied.

3. **Lacerated Wounds** result from sudden injury caused by instruments with blunt or jagged edges; by falls against stones; coming in contact

with splinters, hooks, machinery, etc.; and by accidents of a similar kind. In general, such wounds heal less kindly than the preceding, because their edges are jagged and irregular, and the neighbouring parts are often contused; compared with cut wounds, the bleeding is slight.

*Treatment.*—Any foreign bodies which may have remained in the wound, such as glass, splinters, gravel, etc., should, if possible, be first extracted, or, at all events, sought for. After this operation, whether successful or not, **ARNICA** may be administered,—as in the preceding cases (*see Incised Wounds*),—both locally and internally. The lotion should be rather weaker (one part **MOTHER TINCTURE OF ARNICA** to forty parts **WATER**), in most cases.

Nevertheless, should any foreign substance have been left in the wound, care should be taken to leave a small opening for its discharge by the natural efforts.

**4. Contusions and Bruises.**—These injuries are inflicted by blows with blunt instruments, or by kicks, falls, etc. The affected part often assumes a black, bluish, or greenish hue, from the extravasations of blood which take place just below the surface.

*Treatment.*—When the skin is not cut, an **ARNICATED** lotion (one part **MOTHER TINCTURE**

OF ARNICA to twenty or thirty parts WATER) will be suitable. Should, however, the surface be grazed or cut, a weaker lotion, similar to that for INCISED, or to that for LACERATED WOUNDS, will be preferable.

The local dressing will be similar to that of the preceding cases, with the exception that it may be more frequent; for instance, twice or thrice a-day. The part may likewise be bathed with the lotion, whenever the dressing is renewed.

(See Incised Wounds.)

ARNICA, 9 globules (or 1 or 2 drops), 3rd dilution, may be prescribed for internal administration, as in the former cases.

*General Treatment.*—ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, may always be exhibited alternately, in doses of a sixth part, every four hours, with either of the indicated remedies, when there are inflammatory symptoms.

*Diet, etc.*—With the exception of avoiding stimulants, no change need be made in the ordinary diet, which should be light and nutritious. Perfect rest of the part affected should be enjoined.



## SPRAINS AND STRAINS.

The muscles and fibrous tissues of various parts of the body and limbs, and especially the ligaments of the joints, are more immediately affected by these accidents.

*Exciting Causes.*—Lifting of heavy weights, falls, sudden jerks, a false step, etc.

The effects of such injuries, if not properly attended to, are sometimes lasting.

*Symptoms.*—Weakness, soreness, aching, swelling or stiffness of the part affected: if a joint, inability to extend it without suffering. The injury is sometimes attended with local extravasations of blood, as is the case in bruises or contusions.

*Treatment.*—In slight cases, where there is no external injury, RHUS TOX., 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* exhibited in doses of a sixth part, every four, six, or eight hours; or RHUS TOX., 3 globules, 3rd, or 12th,† dilution, administered two or three times successively, at intervals of two or four days, will generally suffice.

When the injury is external, absolute rest of

\* See FOOT NOTE at page 82.

† When there is a choice of dilution.

the part affected should be enjoined; together with the local application of a linen rag, which has been steeped in a solution of RHUS TOXICODENDRON (one part MOTHER TINCTURE OF RHUS to forty parts cold WATER), over which a linen strip can be rolled, and then secured in any convenient manner. This dressing can be renewed two or three times a-day; and, at the same time, the part may be freely bathed with the lotion. In three or four days, the lotion should be discontinued. A sling may be used in the case of sprains of the wrist, elbow, or shoulder-joints.

RHUS Tox., 9 globules (or 1 or 2 drops), 3rd dilution, may also be given internally, in solution, in doses of a sixth part, every four, six, or eight hours; then RHUS Tox., 3 globules, 3rd, or 12th\* dilution, may be exhibited the night after the last dose of the solution, and repeated twice more, in the same dose, at intervals of three or four days. Any stiffness which might remain after the administration of these remedies will generally be removed by BRYONIA, 3 globules, 12th dilution; followed by SILICEA, 3 globules, 18th dilution, four days after.

Should extravasation of blood have ensued (the part being black and blue), an ARNICATED lotion (one part MOTHER TINCTURE OF ARNICA

\* When there is a choice of dilution.

to twenty parts WATER) may be substituted for that of RHUS TOX., for a couple of days, and applied in a similar manner. ARNICA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution, a sixth part thrice a-day, should also be given internally instead of the RHUS TOX. After this preliminary treatment, the RHUS lotion may be commenced, and continued in conjunction with the internal administration of the corresponding remedy, in the manner already indicated.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution in solution, may always be exhibited alternately, in doses of a sixth part, with any of the above remedies, when its use is indicated by febrile symptoms.

*Diet, etc.*—The diet should be light and nutritious. Perfect rest of the injured parts should, if possible, be enforced.

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#### BURNS AND SCALDS.

Injuries of this kind present various degrees of importance, both as regards the extent of surface, and the depth of tissue affected. Thus, there may be superficial redness and inflammation only, with or without separation of the cuticle (scarf-skin), and formation of blisters; or a portion of

the true skin may be more or less deeply destroyed ; and, lastly, in addition to the true skin, the subjacent structures may also have suffered.

*Treatment.*—When the burn, or scald, is slight and limited in extent, the best plan is to approach the injured part (when this can conveniently be done) to the fire. Some aggravation of the suffering will follow, it is true ; but after a short time the pain will cease, and blistering will be prevented. In the case of children, where this operation would be too painful ; or in that of a more extensive and severe burn or scald, where it would be inadmissible ; COTTON will be a much better remedy. PICKED COTTON, or SPLIT WADDING in successive layers, is the best form for local application. The sooner it is applied, the more efficacious it will prove ; but if, by any imprudence on the part of the sufferer or his friends, cold water should previously have been had recourse to, it will be of little service.

CASTILE SOAP is, perhaps, the best general remedy, as it will prove beneficial even after improper remedies have been used. The requisite quantity of soap ought first to be scraped, and then made into a *thick lather*, with the addition of a little *lukewarm water* ; after which it should be spread upon *strips of linen* to the thickness of a fifth or a sixth of an inch. In applying this

plaster, care must be taken that the soap is in immediate contact with the whole of the injured surface: for where it does not touch, the wound will not heal kindly. The dressing may be renewed once in the twenty-four hours, but not oftener, until the cure is effected.

When nothing else is at hand, the immediate suffering will be relieved by strewing flour, from time to time, upon the burnt or scalded part.

ACONITUM, 9 globules (or 1 or 2 drops), 8rd dilution, in solution,\* may likewise be exhibited internally, in doses of a sixth part, every four hours, or thrice a-day, when fulness and frequency of the pulse, thirst, heat of skin, and other febrile symptoms, indicate its use.

It is needless to add that, in severe cases, no time should be lost in sending for professional assistance.

*Diet and Regimen.*—The diet should be light, in general; and no stimulants ought to be allowed.

The state of the appetite will, however, afford the best indication for the withholding or not of solid food. Sudden alternations of temperature, but especially cold, must be guarded against.

\* See FOOT NOTE at page 82.

## STINGS OF NETTLES.

Small white blisters or wheals succeed the stings of nettles, which are attended with much itching, burning, and stinging. In the case of children who have a very sensitive skin, considerable inflammation and redness sometimes follow.

*Treatment.*—Rub the affected part with the bruised leaves of the *common dock* (*Rumex Patientia*), a plant which very generally grows in the immediate vicinity of the nettle—the *natural* specific, as it were to its sting. This simple treatment will generally be sufficient. If requisite, however, apply an ARNICATED lotion (one part MOTHER TINCTURE OF ARNICA, to twenty or thirty parts cold WATER), as soon as it can be procured. ARNICA, 8 globules, 8rd dilution, may also be administered internally.

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## BITES AND STINGS OF INSECTS.

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### BITES OF GNATS, MOSQUITOES, AND OTHER FLIES.

THE bites of these insects, although they are rarely dangerous, are sometimes exceedingly troublesome by their numbers. This is more especially the case when the subjects of their attacks are children, or persons with a very delicate skin.

*Treatment.*—The local application of a little lemon or lime juice will generally prevent the excessive irritation and itching which so often ensue. A few hours afterwards, should any swelling or irritation remain, an ARNICATED lotion (one part MOTHER TINCTURE OF ARNICA, to thirty drops cold WATER) may be had recourse to. ARNICA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* in doses of a sixth part, thrice a-day, may be administered at the same time; or else ARNICA, 3 globules, 3rd dilution, only.

ACONITUM, 9 globules (or 1 or 2 drops), 3rd

\* See FOOT NOTE at page 82.

dilution, in solution, may be given alternately, in doses of a sixth part, when there is fever.

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BITES OF BUGS, SPIDERS, ETC.

The bites of these disagreeable insects are sometimes attended with painful itching, redness, and swelling, so as almost to disfigure the person who has been the subject of their attacks.

*Treatment.*—The local and internal treatment will be similar to that of the preceding. (*See* BITES OF GNATS, ETC.)

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STINGS OF BEES, HORNETS, WASPS, ETC.

The stings of these insects, although exceedingly painful, are not usually attended with danger; except in those cases where a delicate part, such as the inside of the throat, has been injured, or where the sufferer has been wounded by a whole swarm.

*Treatment.*—Try and extract the sting, when it is left behind by the bee (a wasp always withdraws its sting), with the finger-nails, or by means of a delicate forceps. If there is much inflammation, allow the patient to smell CAMPHOR;



and apply a little honey to the affected part. An hour or two afterwards, a weak ARNICATED lotion (one part MOTHER TINCTURE OF ARNICA to thirty parts cold WATER) will be of service. ARNICA, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* a sixth part thrice a-day, may be exhibited; or else ARNICA, 3 globules, 3rd dilution, only.

ACONITUM, 9 globules, 3rd dilution, may be alternated in solution, in doses of a sixth part, when febrile symptoms manifest themselves.

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## SUSPENDED ANIMATION.

METHODS OF TREATMENT RECOMMENDED BY  
THE ROYAL HUMANE SOCIETY.

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### CAUTIONS.

*Send quickly for Medical Assistance.*

1. Lose no time.—2. Avoid all rough usage.—3. Never hold the body up by the feet.—4. Nor roll the body on casks.—5. Nor rub the body with salt or spirits.—6. Nor inject tobacco-smoke or infusion of tobacco.

\* See FOOT NOTE at Page 82.

## TO RESTORE THE APPARENTLY DROWNED.

1. Convey the body carefully, with the head and shoulders supported in a raised position, to the nearest house.

2. Strip the body, and rub it dry; then wrap it in hot blankets, and place it in a warm bed, in a warm chamber free from smoke.

3. Wipe and cleanse the mouth and nostrils.

4. In order to restore the natural warmth of the body:—

Move a heated covered warming-pan over the back and spine.

Put bladders or bottles of hot water, or heated bricks, to the pit of the stomach, the armpits, between the thighs, and to the soles of the feet.

Foment the body with hot flannels.

Rub the body briskly with the hand; do not, however, suspend the use of the other means at the same time: but, if possible,

Immerse the body in a warm bath, at blood heat, or  $98^{\circ}$  of the thermometer, as this is preferable to the other means for restoring warmth.

5. Volatile salts or hartshorn may be passed occasionally to and fro under the nostrils.

6. No more persons to be admitted into the room than are absolutely necessary.

*General Observations.*

The above treatment ought, if necessary, to be persevered in for three or four hours. It is an erroneous opinion, that persons are irrecoverable because life does not soon make its appearance; and it is absurd to suppose that a body must not be meddled with or removed without the permission of a coroner.

TO RESTORE THE APPARENTLY DEAD FROM  
INTENSE COLD.

Rub the body with snow, ice, or cold water.—Restore warmth by slow degrees; and after some time, if necessary, employ the means recommended for the apparently drowned. *In these accidents, it is highly dangerous to apply heat too early.*

TO RESTORE THE APPARENTLY DEAD FROM  
NOXIOUS VAPOURS, ETC.

1. Remove the body into a cold fresh air.—
2. Dash cold water on the neck, face, and breast frequently.—
3. If the body be cold, apply warmth, as recommended for the apparently drowned.

*Management after Recovery.*

On the restoration of life, a tea-spoonful of warm water should be given; and then, if the power of swallowing be returned, small quantities of warm wine and water, or weak brandy and water, warm: the patient should be kept in bed, and a disposition to sleep encouraged. Great care is requisite to maintain the restored vital actions, and, at the same time, to prevent undue excitement.

*Remedial Treatment.*—In addition to the above measures, ACONITUM, 9 globules (or 1 or 2 drops), 3rd dilution, in solution,\* should be given, in doses of a sixth part, every ten or twenty minutes,—or every one, two, three, or four hours, according to the urgency of the case,—in the event of the reaction being attended with inflammatory symptoms.

\* See FOOT NOTE at Page 82.

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Remedies.	Dilutions recommended.	Antidotes.
<i>Acon.</i> —Aconitum Napellus .....	3rd.*†	<i>Camphor</i> , <i>Nux Vom.</i>
<i>Arn.</i> —Arnica Montana.....	3rd.*	<i>Camphor</i> , <i>Ign.</i> , <i>Ipec.</i>
<i>Ars.</i> —Arsenicum Album .....	3rd*† & 18th.*	<i>China</i> , <i>Veratrum</i> .
<i>Bell.</i> —Belladonna .....	3rd*† & 12th.*	<i>Hep.Sulph.</i> , <i>Puls.</i> , <i>Wine</i> .
<i>Bry.</i> —Bryonia Alba .....	3rd*† & 12th.*	<i>Acon.</i> , <i>Cham.</i> , <i>Nux.</i>
<i>Calc.</i> —Calcareo Carbonica .....	18th.*	<i>Camphor</i> .
<i>Canth.</i> —Cantharis .....	3rd.*	<i>Camphor</i> .
<i>Carb. An. (Ch.)</i> —Carbo Animalis (Chepmeil's Preparation†) .....	5th* & 18th.*	<i>Bell.</i> , <i>Hyos.</i>
<i>Cham.</i> —Chamomilla .....	3rd*† & 12th.*	<i>Acon.</i> , <i>Nux.</i> , <i>Puls.</i>
<i>Chin.</i> —China Officialis .....	3rd* & 12th.*	<i>Arn.</i> , <i>Ars.</i> , <i>Verat.</i>
<i>Cin.</i> —Cina .....	3rd.*	<i>Ipec.</i>
<i>Coff.</i> —Coffea cruda .....	12th.*	<i>Acon.</i> , <i>Cham.</i> , <i>Nux.</i>
<i>Cupr. Acet.</i> —Cuprum Aceticum ..	5th.	<i>Bell.</i>
<i>Dulc.</i> —Dulcamara .....	3rd.	<i>Camphor</i> , <i>Ipec.</i>
<i>Graph.</i> —Graphites .....	18th.	<i>Ars.</i> , <i>Nux.</i> , <i>Wine</i> .
<i>Hep.</i> —Hepar sulphuris Calcareum	5th*†	<i>Bell.</i> , <i>Vinegar</i> .
<i>Hyos.</i> —Hyosciamus Niger .....	3rd.	<i>Bell.</i> , <i>Carb. An.</i>
<i>Ign.</i> —Ignatia Amara.....	12th.*	<i>Camphor</i> , <i>Puls.</i> , <i>Coffee</i> .
<i>Ipec.</i> —Ipæcacuanha .....	3rd.*†	<i>Arnica</i> , <i>Ars.</i>
<i>Lach.</i> —Lachesis .....	5th* & 12th.	<i>Ars.</i> , <i>Bell.</i> , <i>Veratrum</i> .
<i>Merc. Sol.</i> —Mercurius Solubilis ..	5th*† & 12th.*	<i>Bell.</i> , <i>Camphor</i> , <i>Chin.</i>
<i>Merc. Corros.</i> —Mercurius subli- matus corrosivus.....	5th.*†	
<i>Nitr. Ac.</i> —Nitri Acidum .....	12th.	<i>Merc. Sol.</i>
<i>Nux Vom.</i> —Nux Vomica .....	3rd*† & 12th.*	<i>Acon.</i> , <i>Camphor</i> , <i>Coffee</i> .
<i>Op.</i> —Opium.....	3rd & 12th.*	<i>Camphor</i> , <i>Coffee</i> .
<i>Phos.</i> —Phosphorus .....	3rd.*	<i>Camphor</i> .
<i>Phosph. Ac.</i> —Phosphori Acidum ..	3rd.*	<i>Camphor</i> .
<i>Puls.</i> —Pulsatilla Pratensis.....	3rd*† & 12th.*	<i>Cham.</i> , <i>Ign.</i> , <i>Nux.</i>
<i>Rhus.</i> —Rhus Toxicodendron .....	3rd.*	<i>Bry.</i> , <i>Camphor</i> , <i>Coffee</i> .
<i>Sec. Corn.</i> —Secale Cornutum.....	3rd.	
<i>Sep.</i> —Sepiæ Succus .....	5th & 18th.	<i>Acon.</i> , <i>Wine</i> , <i>Vinegar</i> .
<i>Sil.</i> —Silicia.....	5th & 18th.	<i>Hep.</i>
<i>Spong.</i> —Spongia marina tosta ...	5th.*	<i>Camphor</i> .
<i>Sulph.</i> —Sulphur .....	5th & 18th.*	<i>Acon.</i> , <i>Camphor</i> .
<i>Tereb.</i> —Terebinthina .....	3rd.	<i>Acon.</i> , <i>Canth.</i>
<i>Veratr.</i> —Veratrum Album .....	3rd.*†	<i>Acon.</i> , <i>Camphor</i> .

\*. \* The Medicines should be kept in a cool and dry place, free from odours, and from which daylight is excluded.

TINCTURES.—Camphor (strong) tincture, Mother Tinctures of Arnica and Rhus Toxicodendron.

\* The dilutions thus marked will form a useful selection for general purposes.

† Alcoholic tinctures of the dilutions thus marked will be of great service in urgent cases.

‡ See FOOT NOTE at Page 77.

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A PRACTICAL GUIDE  
TO  
DOMESTIC HOMŒOPATHY.  
WITH  
A SELECTION OF FOURTEEN REMEDIES,  
WITH INSTRUCTIONS AS TO DIET, AND AN APPENDIX  
ON ASIATIC CHOLERA.

This little Manual may be considered as an authorized Abridgment of Dr. CHEPMELL's Work, entitled "A Domestic Homœopathy, restricted to its Legitimate Sphere of Practice."

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London: T. SANDERSON, 77, Fleet Street.  
W. HEADLAND, 15, Princes Street, Hanover Square.  
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